

Portland Public Library

Portland Public Library Digital Commons

Island Times Newspaper, 2008

Island Times Newspaper, 2002-2013

11-2008

Island Times, Nov 2008

Kevin Attra

Follow this and additional works at: https://digitalcommons.portlandlibrary.com/itn_2008

Recommended Citation

Attra, Kevin, "Island Times, Nov 2008" (2008). *Island Times Newspaper, 2008*. 8.
https://digitalcommons.portlandlibrary.com/itn_2008/8

This Book is brought to you for free and open access by the Island Times Newspaper, 2002-2013 at Portland Public Library Digital Commons. It has been accepted for inclusion in Island Times Newspaper, 2008 by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact schechter@portlib.org.

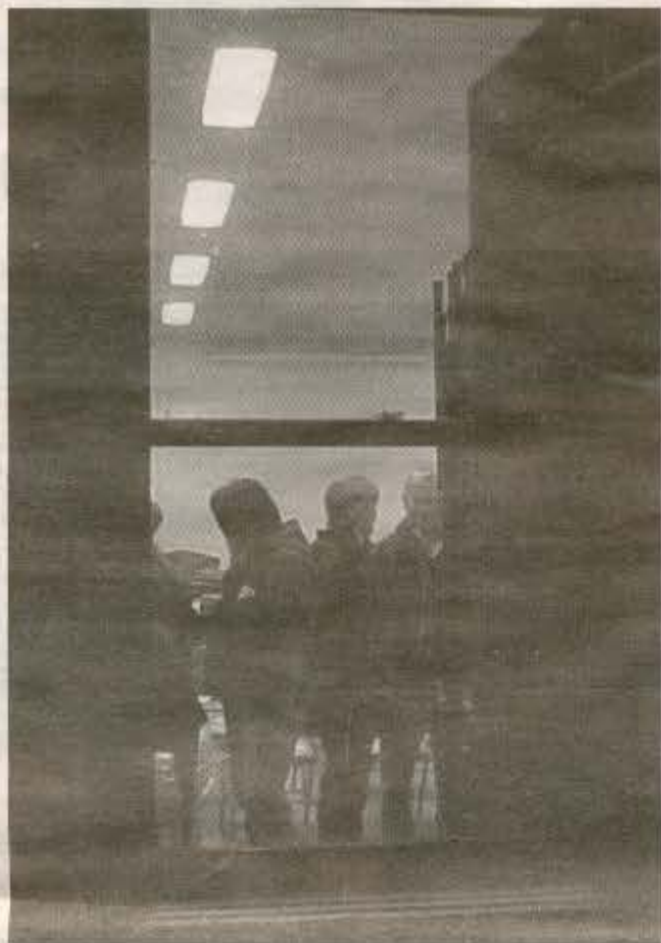
ISLAND TIMES

NOVEMBER 2008

A community newspaper covering the islands of Casco Bay

FREE

ELECTION 2008



Candidates for the Peaks Island Council, the City Council-at-Large, the School Committee-at-Large, and the Water District came to the Douglas E. MacVane Community Center on Peaks Island Oct. 23 to meet the island voters. For a run down of the meeting and a profile of the candidates please turn to page 10.

Jamie Hogan reviews art policies of the presidential candidates



One of 24 juried set of posters from the Design for Democracy initiative of the American Institute of Graphic Arts on display at the Maine College of Art. The show features a selection of nonpartisan posters created by AIGA designers to inspire the American people to vote in November. You too can participate. Go to their online gallery at www.aiga.org and download, print and post your favorite design. Story on page 14.

staff photo

FALL BACK Nov 2

DAYLIGHT SAVINGS ENDS SUNDAY, NOV. 2. TURN YOUR CLOCKS BACK 1 HOUR

Burning wood to stay warm

BY HARVEY JOHNSON

With the price of oil being both high and variable of late, the people of Maine are rightly reconsidering the use of wood (cut and dried trees) for heating their homes, but the reasons aren't only financial. Wood is now also widely accepted as being a green way to heat your home!

If sustainably harvested, wood used as fuel (cordwood, pellets, biobricks, rolled up newspapers) is part of a closed loop cycle. The amount of CO₂ released during combustion is balanced by the amount of CO₂ sequestered during the growth of new trees. And, new technologies allow modern wood stoves and pellet stoves to burn much more efficiently than wood stoves that were produced even a few years ago.

However, there are also old technologies for burning wood efficiently. And this brings me to our masonry heater...

Wanting to build a green home for ourselves, my wife, Heather, and I decided that we should plan on heating with wood. While surfing the net for efficient fireplace and wood stove options, we kept coming across references to "Russian Fireplaces," "Finnish (or Swedish) Woodstoves," "Contraflow Heaters," and/or "Masonry Heaters." These stoves

please see BURNING, page 5



photo by Heather Thompson

PIC considers island taxi service

BY KEVIN ATTRA

Attendance was light at the workshop and regular meeting of the Peaks Island Council, held jointly at the MacVane Community Center on Oct. 22. With only 13 people in the audience, the 7-member council used some of the workshop period to discuss use of the \$50,000 discretionary fund from the City Manager, promised to the PIC for use in addressing parking or transportation needs of the city islands, in the creation of an island taxi service.

In fact, after the approval and funding last year of student boat passes for 11 families with children in private schools, only about \$41,000 is available for next year.

Last year the PIC used the money to subsidize ferry tickets in a decision the councilors felt was the best they could come up with in the short amount of time they were given to act. Compounding this, approximately \$13,000 had to be returned to the city because a number of people never redeemed their vouchers, and the PIC did not find out about it until it was too late to reallocate the funds for some other use.

This year the councilors intend to make a decision by January that will include a contingency plan for using the money in case



Peaks Island Council meeting Wednesday, Oct. 23 was lightly attended; however, City Councilor Kevin Donoghue (center) was able to be there.

staff photo

there is a similar surplus of funds next year. Several councilors have indicated that they will not issue ticket vouchers again next year, so at this point, funding a commercial taxi service seems to be at the top of the list.

Councilor Kathryn Moxhay, co-chair of the Parking/Transportation ad

please see COUNCIL, page 15

INSIDE

Letters	p. 6
PIES	p. 9
The Puzzle	p. 12
Star Gazing	p. 13
Community Notes	p. 18

On the cover: WENDAMEEN

STORY & PHOTOS PROVIDED BY
PORTLAND SCHOONER CO.



design in Alden's illustrious career. She was built originally as a private yacht for railroad president Chester Bliss from Massachusetts. Playwright Eugene O'Neill and writer Katherine Anne Porter were two of the many dignitaries that sailed with Bliss. Wendameen was sold in 1915 and continued to serve as a private yacht in Milwaukee, hosting the Uihleins (Schlitz), Pabsts, and Schaffers of brewery fame. For the remainder of the roaring twenties, Wendameen sailed from Chicago where she was always a top contender in several Great Lakes races, including the prestigious Chicago-Mackinac Race. During the Great Depression she was dry-docked and remained inactive for the next 50 years. In the late 1980s she was bought by Neal Parker and sailed back to Maine where she was thoroughly restored from 1988 to 1990 in Camden and Rockland. She then sailed from Rockland for the next fifteen years. Wendameen is now listed on the National Register of Historic Places. Portland Schooner Co. acquired her in 2005 and brought her to Portland

to join the services of Bagheera. Like Bagheera, the 88-foot wooden schooner, Wendameen, was designed by famed yacht designer John G. Alden. She was built at Frank Adams Shipyard in East Boothbay, Maine, and launched in 1912 when she took center stage in the golden era of fast, sleek ocean schooners. Wendameen was the first schooner

Length 88'; Beam (width) 18'; Draft (depth) 8'6"

ABOVE - the Wendameen is chased by the Bagheera (foreground) as both ships head south for the winter. The schooners will be back in the spring.

www.diverdown.info

Individualized Service - Worldwide Experience

**DIVER
DOWN
UNDERWATER
SERVICES®**

399 Presumpscot Street, Portland, ME 04103
ph (207) 828-0444 • fax (207) 828-1255
Email: info@diverdown.info

ISLAND TRANSPORTER, LLC
MARINE TRANSPORTATION OF EQUIPMENT AND MATERIAL



M/V Reliance, Tug Pioneer, M/V Island Transporter with service to Casco Bay, Penobscot Bay and the entire Maine coast, our 3 units can be positioned to handle even the largest job.

- Building Supplies
- Asphalt/concrete trucks
- Utilities/well drilling
- Gravel, stone

Central Office (866) 594-5749 • Cell: (207) 266-3547 • Portland contact Capt. Brendan O'Brien: (207) 838-4357
email: ltramp@midcoast.com • www.islandtransporter.com

Lionel Plante Associates

Islanders Proudly Serving Islanders Since 1962

L.P.A., Inc.

Specializing in:

- * Island Deliveries Of Sand, Stone, Gravel Lumber & Building Supplies
- * Excavation
- * Site Work
- * Septic Systems
- * Driveways
- * **MARINE SERVICES**
 - * Barge Transportation
 - * Marina Services, Slips, Moorings, Gas & Diesel

We gladly accept Visa & Mastercard



L.P.A. Fuels, Inc.

Specializing in:

- Home Heating Fuels *
- #2 Fuel, K-1 & Propane *
- 24 Hour Burner Service *
- Furnace Installations *
- Propane Appliances Sold & Serviced *

Master Service Technicians:

- Terry Mulkern
- Coley Mulkern

Licensed Journeyman:

- Guy Fradette

Licensed Delivery & Tank Setter Technicians:

- Terry Mulkern
- Coley Mulkern
- Guy Fradette
- Jay Soule
- Marty Mulkern

98 Island Avenue Peaks Island Maine 04108 Phone: (207) 766-2508 Fax: (207) 766-2507
Email: lplante@maine.rr.com

Peaks Island Tax Assistance - Energy Assistance

BY CYNTHIA PEDLIKIN

Peaks Island Energy Assistance has arranged for energy audits for five Island families. We will be getting "Keep ME Warm" kits and supplies to help to winterize homes on Peaks Island. Our volunteers will work on the weekends of Nov. 8 and Nov. 22.

Can you put up a storm door, caulk around windows and doors, replace weatherstripping, install plastic sheeting on windows, etc.? We hope the answer is yes and you will call Cynthia Pedlikin at 766-0067 or Jane Gerard at 766-5854 or email pkstaxasst@maine.rr.com to volunteer.

Applications are still available at the Peaks Island Library, the Peaks Island Cafe, and the Peaks Island Health Center for energy audits and energy assistance. Approved applicants may receive up to \$300 for fuel assistance or energy assistance. Applicants may apply for help throughout the winter.

Protection Call-in line established on Peaks Island

BY KEVIN ATTRA

As of Nov. 5 the Peaks Island Check-in Line will be in operation, a dedicated telephone service that provides protection for people who live alone and are at risk due to age, medical illness, or other situation.

Persons enrolled in the program must call the Check-in line each day. When a call is not received, a Check-in Line volunteer will try to contact the person, and if unable to do so, will notify emergency personnel. "The line will be used to help us keep all of our friends and neighbors safe," said Cynthia Pedlikin. "We do not wish to intrude on anyone's privacy."

The call-in service is based on a similar program in Brunswick that came to her attention almost two years ago. "Gerry Garman brought the idea to a group discussing safety issues on the Island," she said. "It was the one idea we all agreed was necessary."

The Peaks Island Council has been assisting Ms. Pedlikin in getting a dedicated line set up for the program, but there appears to be some confusion over what is actually needed and how the system is supposed to work.

The Island Council intends to set up an automated system that will call each person in the program daily, redial several times in the event there is no answer, and then notify emergency personnel. Councilor Bob Hurley has been working to get the City Fire and Police departments involved, and at a PIC meeting Oct. 23, Portland Neighborhood Administrator Mike Murray said that the Fire Department was willing to initiate the program, and that an automated phone system was in place. According to Councilor Lynne Richard, there was still an unknown "hurdle that had to be overcome" to connect it with the police department.

Meanwhile, the original intent of the Check-in line seems to have gotten lost. According to Ms. Pedlikin, all she wanted was a single phone line that she could connect to an answering machine, which volunteers would then check every day at a specific time. She said it's simpler and preferred by the people enrolled in the program who don't want to feel like

they're being babysat. "Seniors have a sense of pride," she said. "They don't want people calling them."

The Pedlikin's personal phone line (766-0067) will be used until a dedicated line can be installed, which will be centrally located on the island. People wishing to join the program must agree to call every day by 10 a.m. and leave a message on the answering machine.

In addition, the Portland Police Department will be given the names and contact information of the people in the program, including the phone numbers of personal physicians, and persons to notify in case of emergency. Ms. Pedlikin says, "I am very hopeful that the Portland police officers on the island will help us to check on those who do not respond to the answering machine or our calls."

For now, the Pedlikins are monitoring the phone line by themselves. When a dedicated line is installed, they say they will need volunteers to help with the service. If you are interested in joining the program, or know of people who may want or need this service, please contact them at cindyhow@maine.rr.com, or call 766-0067.

Community Garden makes headway in PIC

BY KEVIN ATTRA

Justin Palmer presented an outline of costs and a description of his proposal to build a 20,000 square foot community garden on land at the Trott-Littlejohn Park to the Island Council at a meeting Oct. 8. The project was of such interest that several people came to the meeting just to hear the proposal.

The garden would consist of 24 plots of land, each 20 square feet, that would be used by members of the community to grow their own food. It would include deer fencing, a storage shed and some kind of water source, with estimated costs that varied from just under \$5600 for an in-ground design, to a little more than \$13,000 for one with raised beds. Palmer said there are numerous water lines in the vicinity of the park and felt it would be fairly inexpensive to bring one into the garden. The alternative would be to drill a well, which he noted has been done in other community gardens in the city.

It has been a project of his own inspiration and effort, but he presented the idea to the council in the hope that it would support his efforts to get funding from the city as was suggested "perhaps as a beautification project". Councilor Lynne Richard said she wanted to see more people involved before taking it to the City Manager's office, because "otherwise it's going to be us going to the city and saying 'well, this guy wants ...'". He agreed, saying "At first I wanted to hog it, but now I'm ready to share it."

PEAT focuses on keeping it clean and green down front

BY KEVIN ATTRA

Mary Ann Mitchell of the Peaks Island Environmental Action Team spoke at an Island Council meeting early last month to convince the four council members present that the PIC should help PEAT get Casco Bay Lines to improve the appearance and maintenance of the freight area of the Forest City landing, which she said was always littered with plastic shrink-wrap and other debris from materials off-loaded from the boats.

CBITD board member Frank Peretti was at the meeting, and said that when

please see PEAT, page 5



FREE Delivery to Casco Bay Lines Monday-Friday

All purchases must be made by 12-noon for delivery to the 2:15 or 2:45 ferry!

- Make your purchases by 12-noon for delivery the same day to Casco Bay Lines. After delivery to Casco Bay Lines, Whole Foods Market is not responsible for your purchase.
- Your groceries will be carefully packed in banana boxes and/or cooler bags for ferry transport, and labeled with contact information for safe arrival.
- Everything in our store is available for delivery.
- Ask us about our personal shopping service.
- Please inquire regarding seasonal delivery service to Cushing Island and select marinas.

Questions?

Contact our Provisions Supervisor, Brad Richman at 207-774-7711
Email: naptlprovisions@wholefoods.com
or stop by our Customer Service Desk and one of our Team Members will be happy to assist you.

Open Daily, 8 am-10 pm
2 Somerset Street • Portland, Maine
Just minutes from the ferry!
I-295 • Exit 7 • Franklin Street
207-774-7711
www.wholefoodsmarket.com





Eileen Hanley at the Eiffel Tower.

photo by Kasey Augustine

Notes from an American in Paris

[Ed. Note: Eileen Hanley promised to write from time to time to tell us about her experience as an American exchange student in France. This is her first installment.]

Dear Peaks Islanders,

Hey!! I intended to get this out a lot earlier, but honestly I've just been so busy lately that I can't find the time to write all the things I want to tell you. So here's a brief sum up of what it's been like the last two months (I can't believe it's been that long already!).

The French culture surprised me a lot more than I expected. I think I was picturing a lot more differences than I found, but I've still made some pretty embarrassing "culture faux pas", as my exchange program AFS calls them. My host family was shocked to see me cross my legs at the dinner table, for example, put the meat on my bread ("Sandwiches are for when you're pressed for time"), and eat the yogurt before the salad.

I found it really interesting at school the first couple of days. Everyone kisses on the cheeks the first time they see each other every day (they were really surprised when I said we didn't do that in America). All the "cool" guys gel their hair, and wear a lot of pink. Here it is not unusual to see boys wearing pink shirts, skinny jeans, and scarves with frilly fringes. Everyone uses fountain pens with disposable ink pellets that come with white eraser pens.

In the cafeteria there are several food courses: entree, main course, cheese, yogurt, dessert, fruit, and of course

bread. It's rude not to eat all your food, and you just use the bread to wipe you're plate once you've finished. People look at me really strangely when I take a salad instead of meat, or when I don't take a little dish of cheese.

But there are also a surprising number of similarities. Kids at school still hate homework, still get stressed before exams, still hold grudges against teachers. All the kids want to know if there were any jokes that Americans make about French people, but I couldn't think of anything. If anyone knows a good one, they'd love to hear it.

But honestly, I can't tell you how nice everyone was to me. My first day of school was terrifying, and the kids in my class really took me under their wing and helped me with everything. The teachers are really understanding too, and I usually don't

receive grades like the rest of the kids, which is good because, for a French student, my work is probably atrocious. The teachers just correct my work and hand it back.

My classmates tell me they all dream of coming to the USA. They ask me if I've ever been to California and Las Vegas, and want to know if the famous New York City is more beautiful than Paris. The classic "blague" about Americans is that we're all fat, but other than that they like us fine.

I've also really improved my French. I write an essay for my French teacher every week, and they've been getting easier. But here, the standards are much higher because everyone is thinking about the Bac (the French equivalent of the SATs). Teachers are much more strict because they want everyone to do well so their school scores aren't lowered. Parents are much more strict too, and it's much more common for kids to stay in on Friday nights than to go out with their friends.

The French believe a lot more in starting work early to succeed later in life, whereas by our standards in the U.S., I feel it's a lot more important to spend time with friends and enjoy ourselves while we're young. It's interesting to see all the different cultural values, because they are by no means unjustified in France. As AFS says, "It's not good, it's not bad, it's just different!"

I want to thank everyone again who donated to my trip, whether it was by coming to my show, stopping at my yard sale, or just telling me to have a good experience. It really means a lot to me to know that my community supports what I'm doing. A bientôt!

Much love, Eileen Hanley

Lines from Casco Bay Lines

BY CHRIS HOPPIN

The current financial crisis prompts many people to talk about billions of dollars, but our jointly-owned Casco Bay Island Transit District thinks in terms of single dollars, one at a time. That's because our ferry system takes in revenues through nearly one million passenger trips, freight, and vehicles each year, which pays for most of the \$5.5 million operating cost. The balance comes from government grants.

During the past six years, CBITD has operated at a loss, which must be corrected soon. We maintain a line of credit to operate during the year, but must pay back the loans with interest.

The CBITD board of directors and professional staff want you to know more about how Casco Bay Lines operates, and invite you to visit our newly-expanded website (www.cascobaylines.com) with more detailed information, including the financial data we discuss in our monthly meetings, which are open to the public.

In October, our Finance Committee noted that we had 19,000 fewer trips during the peak season of April thru September, which meant \$86,000 less in passenger revenue than budgeted. Twenty fewer charters and tours produced an additional revenue shortage of \$117,811. Obviously, we were hit hard by poor weather and fewer tourists in this difficult economy.

Fuel costs eased considerably, but we are still \$19,047 over budget. Our bottom-line figure at the half-way point was a negative \$187,569, but when Treasurer Bill Overlock asked staff to project the impact of a range of cost-cutting measures through the end of March, 2009, a more manageable projected loss of \$58,529 was found. General Manager Catherine Debo plans to keep part-time staffing at a minimum,

and freeze expenditures where feasible in an attempt to balance the bottom line.

Meanwhile, directors and staff have some extensive planning to do to improve the overall fiscal integrity of the Transit District during the next few years.

In their efforts to help balance the budget, some islanders have questioned the costs of staff in both the terminal and on the ferries. Ms. Debo reported that in the past eight years the number of full-time employees increased from 36 to 38, in part a response to complaints about excessive overtime demands for employees, as disclosed in the 2006 Peard Report.

A more accurate measure of staffing comes from a review of the number of payroll hours worked during the entire year combining full-time and seasonal workers. Those numbers have actually dropped from 120,984 hours in 2000 to 106,504 hours in 2008, a 12 percent reduction in hours worked. Converting those hours to employees - or "full time equivalents" commonly used in workplaces - reveals 58.2 in 2000 and 51.2 in 2008, also a 12 percent reduction in staffing. More specific details are shown on the website.

When we adopted the 50 cent fuel surcharge May 1, we also arranged for an analysis of the rate structure. The study, funded by the Maine Department of Transportation, was performed by Gillespie O'Connell Associates, a Massachusetts-based consulting firm with experience in transit and maritime operations. Their 20-page report, also available on the website, lists a "reasonably equitable" balance in rates between Peaks Island and the other five islands.

It also mentions the value of looking at our charges for freight and vehicles. The Rate Structure Committee will discuss potential rate changes for freight and vehicle transport at upcoming meetings. Members of the business community served by CBITD will have opportunities to discuss freight at a special November meeting.

Thompson Johnson Woodworks

Additions, Renovations and New Construction



Islanders Serving Greater Portland and the Islands of Casco Bay

115 Island Avenue Peaks Island, ME 04108

207-766-5919

www.tjwhome.com

HELP PRESERVE WHAT'S SPECIAL ABOUT PEAKS.

Peaks Island is a truly special place, with its rocky shores, its woodlands and its wetlands. Your membership (only \$15 individual/\$25 family) and your donations are crucial in helping us maintain open spaces.

Join today. Help preserve what we love about Peaks.



PEAKS ISLAND LAND PRESERVE

P.O. BOX 99, PEAKS ISLAND, ME 04108

A non-profit 501(c)(3) tax-exempt organization. Your donation may be tax deductible.



BACKSHORE

Conservation Easement held by the Peaks Island Land Preserve

TV actress Gloria Reuben advocates for Casco Baykeeper

BY MARY CERULLO



Gloria Reuben (left) poses with Joe Payne at the screening of the film "Grand Canyon: River at Risk", as part of the Casco Baykeeper film festival held last month to raise money for the organization

Was that Jeannie Boulet from ER roaming the streets of Portland with Santa Claus?

Yes, indeed. You may have caught a glimpse of actress Gloria Reuben, familiar to TV fans of the hit series, ER, and the new legal drama, Raising the Bar, guided by Casco Baykeeper Joe Payne.

Reuben was in Portland in October to support Friends of Casco Bay/Casco Baykeeper. "I've always wanted to visit Maine," she said. "What a treat it is to experience this beautiful part of the country, along with supporting Joe Payne, the Casco Baykeeper, and Waterkeeper Alliance."

Reuben is a Trustee of Waterkeeper Alliance, an advocacy organization co-founded by environmental attorney Robert F. Kennedy, Jr. and seven Waterkeepers, including Casco Bay's

own Baykeeper, Joe Payne.

In less than a decade, Waterkeeper Alliance has grown into a worldwide movement with more than 180 Waterkeepers on six continents. Said Reuben, "We are environmentalists who protect the waterways of the world and mobilize communities to hold their elected officials and polluters responsible for breaking

environmental laws." Maine's only Waterkeeper program, Friends of Casco Bay uses a "work with" approach in seeking effective solutions to problems that threaten the health of the Bay through education, science-based advocacy, water quality monitoring, and collaborative partnerships.

Reuben helped to host an environmental film festival last month that raised funds and made friends for Friends of Casco Bay/Casco Baykeeper.

She introduced the feature film of the evening, Grand Canyon Adventure: River at Risk, which depicted a rafting adventure down the Colorado River with Waterkeeper Alliance Board Chair Robert F. Kennedy, Jr., along with anthropologist Wade Davis and their daughters, Kick Kennedy and Tara Davis.

PEAT, from page 3

he and other board members watched operations at the freight area, the deck hands always removed the shrink-wrap and stacked the pallets for removal. "That's what they're supposed to do," he said, "and that's what we see them do."

Since that meeting, she says Casco Bay Lines has done a very good job of maintaining the area. "I don't know what turned them around," she adds. Even at the Oct. 8 meeting she conceded that the area had been clean in the previous few weeks, prompting several members of the audience to suggest that summertime visitors were probably responsible for most of the mess.

"Now it's black garbage bags," she said a few weeks later. "They're showing up around the trash cans at the landing." She and Supervisor AJ Alves of the Public Works Department investigated the problem in late October and were able to figure out what was happening, but for Mary Ann, it was another example of why she wants to get a trash compactor installed at the landing.

In August, PEAT was given a \$5,000 grant from the Peaks Island Fund toward the purchase of a trash compactor and 12 recycling containers that will be distributed around the island in the summer. PEAT does not have the funds yet to purchase a trash compactor, but the PIF grant was large enough to get the recycling program started.

One of the 12 recycling containers will be larger and more substantial than the rest, and will remain year-round at the landing next to where the trash compactor will be. The rest will be used seasonally. The grant is sufficient to have six of them decorated by local artists for placement in the most visible areas on the island. She doesn't know yet who the artists will be or how PEAT will go about selecting them, but she expects the art to illustrate the purpose of the container so that, as she says, "even a 3-year-old would know what it's for."

The project will not receive funds until it gets signed off by the PIC, which is acting as the 501(c)3 organization for PEAT, but the process has taken several months so far because, as she explains, "the PIC is new at this and it's new to me."

"Tom [PIC Treasurer] didn't want it to be sloppy, he felt responsible and wants to do it right," she explained. She expects the project will get a green light as soon as he returns from an overseas trip later this month.

BURNING, from page 1

were described as being the perfect stove: safe, convenient, and easily capable of heating large spaces with small wet branches (this last claim being somewhat untrue, of course). So, we bought a few books, and read all the information about masonry heaters that we could find, and finally decided to build a masonry heater by ourselves for our new home.

It was fairly easy to agree on the location, shape, and color that we wanted. It was not as easy to determine the size of our heater. Since we were building it from scratch, it really could have been any size or shape - there wasn't much information available on how to determine the correct size for a given house - so, we did a thorough heat loss calculation on our newly built home, estimated the heat storing capacity of bricks as best we could, and then, just to be safe, went with the "bigger is better" theory.

And what is a masonry heater? It's really just a type of wood stove. Like any wood stove, it has a door, a firebox, an air inlet, an ash pan (usually), and a flue, but instead of cast iron or steel, it is built of masonry, often with a brick core and a stone veneer. Most significantly, however, it has more mass than a typical wood stove, and has an outer layer of masonry that is separated from the firebox by an air gap.

The result of the high mass and the somewhat thermally isolated outer layer is that you can safely burn enough wood at a very high temperature to generate a day or two's worth of heat in just two to three hours. The large masonry mass absorbs nearly all of the heat from the intense fire, and releases it slowly over the course of a day or two. This means that you don't have to tend a fire all day long, or wake up to a cold house each morning. Also, the high temperature of the fire allows for nearly complete combustion, which makes a well designed masonry heater one of the most efficient and convenient cord wood-burning appliances available.

Another nice thing about masonry heaters is that they are relatively safe. Due to the outer layer and air gap, the surface temperature of a properly designed masonry heater (other than the firebox door) never exceeds 180 degrees F, about the same as a cast iron radiator. As a result, the required clearance to combustible materials is only four inches from the back and sides.

How did ours turn out? After nearly half a year of part time planning and research, we finally bought the bricks, hardware, insulation, and mortar that we needed. It took us about three months of working most weekends and some evenings to cut, fit and mortar all of the bricks, and then it took another month of part time work to fit the hardware, insulate the top of the heater, and apply a stucco finish to the outer layer of bricks. (We could have left the outer layer of bricks as the final finish, but decided to go for a smooth, monolithic look).

Other than a few expansion cracks in the stucco finish, our masonry heater turned out great. We even built in a bake oven, which works well for baking bread and cookies. And we've found that, having gone with the bigger-is-better theory, we can go three full days between fires in all but the coldest months.

If you'd like to know more about masonry heaters, there are some fairly good websites out there. There's even a guild of sorts: The Masonry Heater Association of North America, at www.mha-net.org. They sell most of the books worth reading on the subject of masonry heaters, and offer hands-on masonry heater building workshops.

We ended up getting some of our hardware through a great masonry heater builder and hardware parts dealer in Maine: Maine Wood Heat, at <http://mainewoodheat.com>.

Last, and most important to our design process, we found an outstanding Russian website with partial English translations and dozens of fully detailed layer-by-layer, brick-by-brick, masonry heater plans available for downloading and printing, at www.stove.ru. Thank you Igor Kuznetsov!

Before the Boat, Stop by for Holiday Gifts, Party Platters and More!

✓ Don't forget, you can have great meals Everyday! Call ahead and we will cut your fish, pick your wine and cheese and have it ready to pick up on your way to the boat!

✓ Ask about wine pairing specials and recipe ideas.

✓ Don't forget, wine tasting the last Thursday of every month

262 Commercial Street, Portland, Maine 04101
Open Tuesday through Saturday 10:00-6:30 207.775.7560

Island Views

Community Letters

Update on Change for a Change

[Ed. Note: Last month we ran a short article on Charlotte Eisenberg and Keirstan Parker, who were collecting funds for the Obama campaign. We asked Carol Eisenberg how they did. Here is her response.]

The total Charlotte raised was something like \$63.23, which she delivered to Obama HQ Saturday [Oct. 11], then spent the afternoon volunteering on the phones calling voters. She also brought the leftover snacks for staff and volunteers to munch on. They were tickled with her efforts and took pictures, which they said they were putting on their website, but I haven't found them. They gave her an XL Obama t-shirt in appreciation, which she took her creative talents to and remade into a shirt that fits her.

She's also been making very cool Obama buttons, printing images directly onto canvas, then machine sewing them to recycled cardboard and gluing on pin backs. She gave away lots of them to students and teachers at King Middle School. She was stopped by the owner of Eli Phant, a store on Congress Street, who bought eight of them from her this week and put them on display for sale in the shop window!



Oh, and CBL's manager called yesterday at the request of the CBITD directors (who saw your article) to let her know that their policy is that sales on the boats can be for non-profits, but not for political causes.

Thanks for asking,
Carol

From the Portland Public Library

Thank you for Kevin Attra's fine and in-depth coverage of the Portland Public Library's neighborhood meeting at Peak's Island on September 16. There is a need to clarify some attendee statements and impressions that appeared in the article concerning the nature of the proposed closing of the Reiche Branch last spring in response to budget decisions made by the City Council. The funds were eventually restored so it is important to note that the Branch did not close at any time.

In describing the Library's actions in respect to the proposed closing, the word "summarily" and the phrase "the act was made...overnight" were used by a West End Neighborhood

Association Board member. For the record, it is important that we express our disagreement. There is no one associated with the Portland Public Library - not staff or Board members - who would ever advocate or engage in closing a library location "summarily" or "overnight".

Not agreeing with a decision is not justification to insinuate incompetence or insensitivity. The rationale and principles behind the decision are very clear and have been posted on the Library's website (www.portlandlibrary.com) since last spring. Those documents are there for any objective reader to consider. There was nothing casual, unthoughtful or callous about the decision. The Board acted not only in good faith in its deliberations but with transparency in light of a compressed timetable that caused a great deal of stress and pressure on the entire library organization.

We couldn't agree more with the West End Neighborhood Association Board member's comment that "we don't want that to happen in our city" which I take to mean the closure of Library branches. We are fully aware of the tremendous benefits each of our branches brings to a neighborhood. However, we are charged to responsibly provide service with the available funds. As we initially experienced last spring, but have now felt at full weight in the last few weeks, there is a stark fiscal reality facing all of us. We will do our best to use available and limited resources wisely for the benefit of the most people in our City.

Our thanks to the Islanders who came out to have a discussion with us about the challenges that the Library is confronting and the role it plays in their community.

Sincerely,
Stephen J. Podgajny
Executive Director
Portland Public Library

Letter to the Editor:

I want to thank Peaks Island for allowing me the privilege of serving this past year on the Peaks Island Council. It has been a unique learning experience which has allowed me to meet a lot of very interesting individuals and deal with a variety of very interesting topics.

While I indeed wish to serve another term on the Council, more than anything, I urge you to vote on November 4th. I hope to see a record number of island voters casting their selections for the different offices being sought. As only one portion of Maine's major city, the more islanders casting their ballots, the more attention the City Councilors will have to pay to our island issues.

Thank you for voting.
Rob Tiffany

Hello All,

A number of folks on the island who have been diagnosed with cancer have been supported by the Cancer Community Center. It is a wonderful organization/place that provides classes, meditation, support groups

and help for those with cancer and their family and friends.

Islanders Lane Williamson, Ann Hinderer and Jean Gulliver have provided their time and talents to create a meditation garden at the Center in South Portland. Now here's a chance for you to help. Check out the program below and spend part of this Sunday on a stroll through the beautiful Pineland Farms in New Gloucester or for that matter around Peaks Island. Then connect by email to support CCC, a valuable resource for those who are and have battled cancer.

Here's to a happy fall season
Barbara and Chris

Health Center is Seeking Wheel Chair

The Peaks Island Health Center is seeking the whereabouts of its two wheelchairs. They seem to have gone "wandering". When last seen they were serving the patients of our Clinic. If anyone has knowledge of where they may be or if anyone has a wheel chair that they would like to donate or loan to the Health Center...

Please call the Health Center at 766-2929. Thank you!

HomeStart will conduct Affordable Housing Needs Assessment

In response to community concerns, HomeStart has commissioned an affordable housing needs assessment, funded by a generous Peaks Island Fund, and conducted by Sarah Curran of Planning Decisions, Inc. Casco Bay Island Fellow, Mary Terry, is helping with the data assembly, meeting arrangements, and community communication.

The needs assessment resulted from information gathered at a community meeting on Thursday, Sept. 25, at the Community Center, where HomeStart heard from more than 60 island residents on how affordable housing should be accomplished on Peaks Island.

HomeStart will seek community input once the needs assessment is completed in January 2009, which will serve as a basis for that conversation and inform the dialogue.

The survey will be distributed by mail to every household on the island, beginning in early November. A second survey will be distributed to commuters who work on the island but live elsewhere.

Respondents will be asked to complete one survey per household and to mail it back to a central location. Once the study is complete, a second public meeting will be held to present the findings.

Progress reports on the study (including notes from the September 25 meeting) will be posted on the HomeStart web page (<http://peaksislandhomestart.org>). Announcements will be posted on community bulletin boards and in The STAR.

HomeStart would like to thank everyone who attended the meeting in September, and to invite you to participate in an on-going dialogue. If you have any questions or comments, please contact Mary Terry, Casco Bay Island Fellow, maryterry@gmail.com or 207-221-2507.

ISLAND TIMES

Publisher: Kevin Attra

Member of the Society of
Professional Journalists

Arts Editor - Jamie Hogan

Comm. Notes - Rhonda Berg

Research - Irene Schensted

Feature Writers:

Jerry Garman

Mike Richards

Fran Houston

Rebecca Stephans

Art Astarita

Special Contributors:

Justin Palmer

Cynthia Mollus

Mary K. Terry

Katie Norton

Kate Power

Production Assistance:

Craig Davis

Mark Shain

Jack Shallow

Internships:

Ben Snyder

The *Island Times* is a community newspaper covering the islands in Casco Bay. We welcome birth, engagement and wedding announcements; obituaries; notices of community events; and letters to the editor. Please try to keep letters to 300 words or less. We reserve the right to edit all letters. The newspaper is available by mail for \$25 a year. Address checks to *Island Times*. Our mailing address is 120 Brackett Ave., Peaks Island, Maine, 04108. To reach Kevin Attra, call (207) 650-3016 or e-mail kattr@islandtimes.org. For ad rates visit our website at www.islandtimes.org.

Printed by the Times Record
Brunswick.

YOGA FOR LIFE

A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

[Ed. Note: This is the sixth in an on-going series of instructional exercises Ms. Stephans has designed for anyone interested in practicing yoga. These exercises are designed for people at all levels of proficiency.]

Author's note: If you want to build a yoga practice, please start with the suggestions in the June 2008 issue and add as we go along.

One of the most famous and most feared of the yoga postures is the headstand. There is real foundation for both the fame and the fear. Ask folks what they picture when they think of yoga practice, and most will either imagine someone contorted like a pretzel or standing on her head. Indeed, in some yoga styles the main focus is to prepare

the body for practicing a headstand, and this is accomplished in a beginner class! And unfortunately, it is true that many yoga injuries are the result of improper or prolonged holding of the headstand.

There is much debate about how to safely practice headstands, and whether they are essential to a complete yoga practice. I weigh in on the side of caution and do not teach headstands in a group class because of safety concerns. However, I do consider inversion postures to be essential to a complete practice. Happily there are many ways to turn one's body upside down without standing on one's head. This is good news because there are many contraindications for the more intense inversion postures, such as high blood pressure, certain conditions of the eyes, menstruation, and neck injuries.

Physiologically, the benefits of inversion poses are improved circulation, elimination of toxins - especially from the lower body, increased core strength, and increased oxygen and energy flow to the face, eyes and brain. Also, there is some relief simply from reversing the gravitational pull on the whole body, especially the abdominal organs. Many

of the abdominal organs are attached by connective tissue to the diaphragm muscle, and when we invert the body, these organs rest into the diaphragm as if nestling into a hammock.

Inversion poses are especially vital for folks who spend much of the day seated or standing still. Sedentary jobs and work that requires long periods of standing both compromise the circulatory system and can lead to problems with the low back, legs and feet. Even if you are in motion, being on your feet all day is stressful for the lower body. When I worked full time as a massage therapist, I got upside down twice a day - at my lunch break and at the end of the day.

The emotional rewards of inversion poses are also profound. One primary benefit is overcoming fear; practicing inversion poses is very empowering. Another is to break out of patterned ways of thinking and perceiving one's life experiences and form a fresh perspective. When someone is stuck in a challenging situation and cannot see any resolution, I generally recommend getting upside down while holding the question to see if some new insight is possible. Inversion postures are also recommended for

relieving the symptoms of depression. I often refer to inversion postures as "attitude adjusters". When I guide inversion postures in class, the shift in the energy in the room is palpable.

There are three basic ways to become inverted: lift your legs above your heart, lower your head below your heart, or both. Inversion postures can be gently restorative, moderately challenging or intensely vigorous. The simplest inversion postures are to simply sit in a chair and lean forward, and to lie down on the floor with your legs up on a chair. These two postures were offered in my first column in June. Downward facing dog pose (July column) is in the moderate category.

Full inversion poses require both arm and abdominal strength and a complete warm-up is recommended prior to practicing inversion postures. My preference for intense inversion, both in my personal practice and in my teaching, is towards postures that do not put any weight on the head. One preparatory pose, three full inversion postures and one restorative pose are offered below.

Intention: Begin your practice with a moment of stillness in which you affirm your intention to practice with compassion and mindfulness.



Plank pose

Start in table pose and then walk your hands out in front of your shoulders a bit. Tuck your toes under and lift your knees. Straighten out your legs and bring your hips into a diagonal line between your shoulders and your heels. Engage by elongating your body from the crown of your head to your heels and gently contracting abdomen and buttocks. For more arm strengthening, bend your elbows and lower down almost to the floor, keeping your elbows close to your rib cage. Press up and down slowly several times.



Half Shoulder stand

Lie down on your back with your legs curled in towards your torso. Rock forward and back a few times until you can swing your hips up off the floor and catch them in your hands. You can also begin lying down with your feet against a wall, and push into the wall to lift your hips. Tuck your elbows in close to your rib cage and distribute your weight evenly along your upper arms. As your hips sit into the support of your hands, lift your legs up towards the ceiling to engage and lighten up. Hold the posture for as long as your strength allows. To release, bend your knees towards your forehead, tuck your chin and roll out. Lie still for a moment to integrate.



Arm Balance

Start in table position facing a wall. Rest onto your forearms with elbows at shoulder width, fingers interlaced and knuckles just an inch or two from the wall. Tuck your toes under and lift your knees coming into a modified downward dog pose. Give a few practice kicks with one foot, while swinging the other leg straight up towards the ceiling. Thinking about lifting up rather than towards the wall will greatly improve your form, your safety, and your satisfaction in the posture. Rest your feet lightly on the wall, lift strongly through your core while pressing your arms down toward the mat and breathe evenly. Hold for as long as your strength allows and then release with control. Sit for a moment to integrate.



L Stand (or Inverted Half Downward Dog)

Start in table position facing away from the wall with your toes right at the base of the wall. Lift your knees into a high downward facing dog pose. Step one foot up onto the wall at about the level of your hips. Step the other foot up. Straighten out your legs while lifting strongly through your belly and hips. Gaze back towards the wall. Keep your breath slow and full. Optional variation: lift one leg at a time and stretch towards the ceiling. Hold for as long as your strength allows and then step down. Sit for a moment to integrate.

Pause:

Lie down with your legs up the wall and rest. Close your eyes, breath slowly and feel the effects of your movements. Give thanks for your practice and ask that it enhance your well-being.



For the love of Peaks!



AN INTERVIEW WITH RUSS EDWARDS
BY FRAN HOUSTON

Russ Edwards: Well, I was first exposed to Peaks when I got out of the service, and I had my captain's license at the time and I went to work for Casco Bay Lines. That was 1957, I think, maybe '58, '57 or '58. Then I got to know all of the islands and a lot of people on the islands when I worked there. It wasn't until '69 that we bought this house, and we bought it as a summer cottage.

The car ferry was the Berkeley, which was a boat that never turned around. It had a mirrored pilot house, and it had a huge make-or-break engine – a diesel engine down there with an engineer, and the engineer would just throw the cam shaft in the – he'd throw a lever and it would make the engine run in the opposite direction. Had propellers on both ends that turned all the time, and when he came in – he didn't have a neutral. When it came in, they'd shut it off. It would be perfectly silent and you'd be going towards the pier – they started it with compressed air

and they always had the air pressure. And the engine would run on compressed air as long as you fed it air, so you always knew that they could reverse it, and it always started, too.

It was an interesting boat. We had a rudder on either end, and as soon as you docked, the captain would put the wheel amidships and you'd have to put a pin in what was going to be the new bow. You put a pin right down to hold the rudder so it couldn't move, and that's all you had to do. The engineer started the engine the other way, and you went back and forth. Well, you had to pull the pin out of the back one, see?

Fran Houston: And how many ran a day?

RE: We had – I think we still had the three morning boats that we have now. We had a 10:00 – I know we had a 10:00 and a 2:00, but I'm not sure whether we had a noon boat at all. And then we had a 3:00 in the afternoon and then 4:30, 5:30 and –

FH: So it wasn't that much different.

RE: No, it wasn't that much different. They've always had enough people out here to support that kind of service.

And they could take a car on the deck of the Abenaki, I think – on the forward deck, yes. So the boats we had were the Gurnet, which was a steamboat, which had been converted to diesel, which still required an engineer. We had the Sabino, which

was and still is a steamboat. It now belongs to the Mystic Marine Museum down in Connecticut. And it runs on the river down there, takes excursions.

[It] was a great, it was a wonderful boat to run. It was independent. It would not always do what a boat is supposed to do. It had this strange configuration to its hull and it was very sensitive to currents. It would go almost as fast sideways as you were going ahead if you weren't careful,

boy – but it was quiet. You didn't hear a sound when that steam engine was running, just the sound of the water. Really nice to, you know, run on.

Then they had two steel boats, the one was the Abenaki. The other was the Emta II, and one or both of them had theater seating down below. They bought these chairs out of an old theater and put them down there. You had to crawl over everybody to get in a seat. It was just like being at the movies, so –

FH: Really cozy.

RE: Yes, and they were built by Blount Marine in I guess, '69. Peter McLaughlin, in '69, Peter McLaughlin had owned Casco Bay Lines, didn't he?

Shirley Edwards: Yes, he did.



Russ and Shirley Edwards

photo by Fran Houston

Thompson Johnson Woodworks

Serving the Islands of Casco Bay and Greater Portland

Additions, Renovations
and New Construction

Now Providing
Home Energy Audits
and Solar Hot Water Installations

115 Island Avenue Peaks Island, ME 04108
207.766.5919 www.tjwhome.com

Peaks Island Experience

Blessing of the Beasts

BY JERRY GARMAN

Animals seem to be an extension of our families. It is not surprising that we own approximately 170 million "fluffy, scaly, winged or hairy" pets. While it is impossible to ascertain the entire island pet population, a representative sample was to receive special attention on Sunday, Oct. 4. It was the celebration of St. Francis of Assisi, the patron saint of Italy, the environment, and more to the point, animals.



In the Catholic calendar, October 4 is the day the saint is honored with a feast, and the Blessing of the Beasts is a customary part of the celebration.

This sunny morning 212 legs of a number of creatures made a pilgrimage to the little white church on the hill; 65 of these creatures had two legs and 20 had four legs. I attempted to pickup two dogs on the way to the service but could not entice them into my car (they were not church going dogs).

The service began with the melodic hymn "God of the Sparrow, God of

the Whale", followed by this prayer: "God, our creator, help us love all creatures as kin, all animals as partners on Earth, all birds as messengers of praise, all minute beings as expressions of your mysterious design, and all frogs as voices of hope".

Scripture read from Genesis that talked about animals being our companions, from Revelations about animals being around His throne, and from parts of a sermon of St. Francis "Peace, birds, Peace", were all dedicated to "all creatures large and small".

To the delight of young and old, Dierdre Page read "The Blessing of the Beasts" by Ethel Pochocki. This book follows the spiritual journey of a she-roach named Francesca and her friends Martin the skunk and an ancient gentle circus elephant as they too receive a warm welcome into the "circle of life", and are blessed.

Rev. Desi Larson individually blessed each animal with the hope for a long life, good health and a happy home. This included two rabbits (Fluffy and Clover), two guinea pigs (Orange and Violet), 15 dogs, and a cat who left the group and decided to observe the ceremony from behind a stone wall.

Hopefully, those pets not present and all the wild island animals on the island (19 deer, two beavers, two families of mink, a family of raccoons, innumerable rats, mice, voles, song birds, crows, cormorants and seagulls) heard the Children's

Choir rendering of Bill Staines' "A place in the Choir".

"All God's creatures got a place in the choir,

"Some sing low, some sing higher:
"Some sing loud on the telephone wire,

"Some just clap their hands, their paws, or anything they got now."

As we finished the last verse and chorus, Buster the Great Dane barked three times, and the service concluded. Everyone was invited to the Fellowship Hall afterward for refreshments, which included of course, animal crackers.

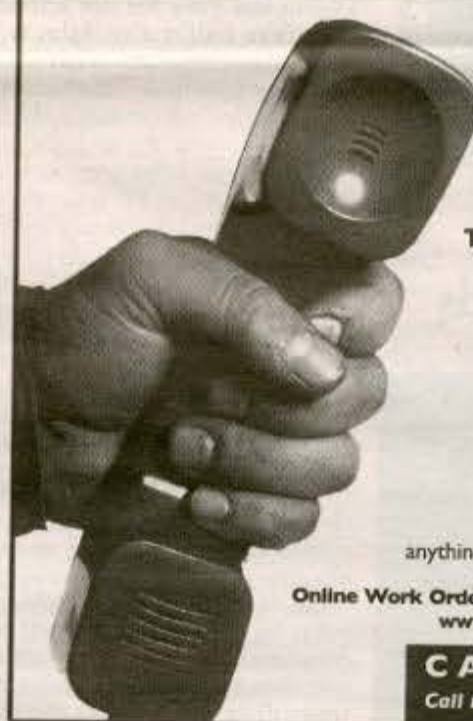
brio

by Palmer



HAUL AWAY YOUR DEAD CAR AND BENEFIT THE PEAKS ISLAND CHILDREN'S WORKSHOP

CALL PAUL FOR MORE INFO



AUTO & GOLF CART REPAIRS

CARPENTRY

FREIGHT DELIVERY

TOWING ON AND OFF ISLAND

PROPERTY CARETAKING



PAUL BRIDGES
207.415.4925

anything@callpaulbridges.com

Online Work Order / Quote Request at
www.callpaulbridges.com

CALL PAUL
Call me. I can do anything.



DISTINCTIVE HOMES FOR DISCERNING PEOPLE

KIRK GOODHUE

ALYCE A. BAUERLE

JILL KEEFE

LAURIE WILDES

DEB HANNA

PEAKS ISLAND

PORTLAND

LONG ISLAND

207.766.5966

207.775.7253

207.232.0758

WWW.PORTISLAND.COM



Brackett Street Veterinary Clinic Welcomes Dr. Sarah Tasse!

Dr. Tasse will be offering acupuncture and herbal medicine as well as alternative therapy for cancer treatments.



192 Brackett Street, Portland, ME 04102
207-772-3385

www.portvet.net

Peaks Island Council

Three Year Term

Vote for TWO

☐ **Dervis, Kimberly A.**
110 Brackett Avenue

☐ **Richards, Michael**
19 Daniel Street

☐ **Tiffany, Robert G.**
38 Centennial Street

☐ (Write-in)

☐ (Write-in)

The image (above) is a distorted reproduction of the ballot many of you will fill out on Nov. 4. Here's your chance to practice. We asked the candidates what they thought the council has been doing well, what it's done poorly, what they want to change and how they see their role as members of the council. Here are summaries of their responses.

Kimberly Dervis



Kimberly Dervis said that what the Island Council does well is listen to the concerns of people in the community and try to address them.

She thinks communication between the Island Council and the City Council needs to be improved. As an example, she cited the explanation Councilor Donoghue gave for not attending PIC meetings, that the Island Council schedule conflicted with meetings of the City Council. "If that's the case," she asked, "why wasn't the schedule

changed? If it's not the case, why is he not coming to meetings?"

Her biggest concern is the Island Council's apparent mis-communication with and lack of influence in the City Council. As a councilor, she said she would work to find out what the gap in communication is and fix it. "The city is not really listening to our concerns. The council is there to get islander's concerns dealt with, and if that's not happening then we need to do something else."

Michael Richards



Mike Richards thinks the PIC has done a great job involving islanders in meetings and committees, citing the monthly public forums and public comment periods during its meetings as examples.

He is dissatisfied, however, with what he sees as the council's slow and inconsistent level of reporting to the community, because he feels that without immediate information the community loses interest. He said the last time he looked, the PIC bulletin board was blank. "I didn't look today, which is indicative," he added.

He said that as a councilor, he would serve on any committee, but is mainly interested in reducing the cost of living for Peaks Islanders. He said some of the councilors are fearful of asking the City for more than the \$50,000 currently being offered, which he said is grossly insufficient to meet islanders needs. "If the City is going to double our taxes, they should use the extra \$2.5 million to address parking issues." He said people encouraged his candidacy because they wanted the PIC to be more aggressive with the city, "and that I can do."

Robert Tiffany



Rob Tiffany said that, on island issues, the PIC works well with the community, and in getting information to the community. "It's a massive improvement over what used to be before the PIC existed," he said.

He feels the PIC needs to improve its ability to negotiate with the City "where we've gone across and tried to deal with the City en masse". He says they've had some success in smaller sub-committees, and wants to meet at least four times a year with the City so that the councils can agree on how to work together.

He said a major problem with issues such as parking fees, transportation costs, property taxes, and CBITD subsidies is

that the City says it doesn't have control in those areas. "During secession I heard it a lot - 'There's nothing we can do about that,'" he said. "It used to drive me crazy."

In his next term, if re-elected, he plans to act as a liaison to the City Finance Committee. "That's my interest. If something comes up with Peaks Island, I'm gonna be there," he says.

He will also address communication and affordable living, with a major focus on educating the City Council about island life. "I swear I get the impression they see us as petulant kids in a sand box - gimme, gimme, gimme - and they get frustrated."

CANDIDATES' NIGHT OUT

BY KEVIN ATTRA

"Candidates' Night" was held this year on Thursday, Oct. 23 from 6:30 p.m. to 9 p.m. at the newly named Douglas E. MacVane Community Center. The event was sponsored by the Peaks Island Council, and chaired by PIC Chairman Mike Langella.

By about 7:30 p.m., if you include the candidates seeking office on the Portland City Council, the Portland School Committee, the Peaks Island Council and the Portland Water District, the attendance peaked at around 35 people.

Removed from the agenda were the candidates for three seats on the Casco Bay Transit District's board of directors, since all three (representing Little Diamond Island, Great Diamond Island, and Peaks Island) are running unopposed in that election.

Each candidate had three minutes to give an opening statement followed by a 15 minute Q&A period from the audience. Answers were limited to two minutes, and then there were another two minutes for each of them to make a closing statement.

When asked a direct question in front of a large audience, people tend to say absolutely nothing and run over their allotted time doing it. That's because vague generalities usually involve big words that take longer to pronounce than words like "yes" or "no"; however, Chair Langella wouldn't tolerate any of it, and the event ran smoothly and on time.

Although there is not room to summarize all of the candidates positions, here are some highlights.

In the race for City Council, at-large candidate Dory Waxman campaigned on affordable living and emphasized her "passion" for the city as a long-time resident and small business owner in Portland; Tina Smith ran on alternative transportation and job creation; Ed Suslovic referred us to his past experience on the City Council and his current record as Mayor.

They all agreed that tourism is the key to economic growth in Portland, and would implement a City sales tax to help boost tourism revenues. They disagreed on how growth should be accomplished.

When asked specifically how they would improve the island economy, Suslovic said affordable housing was needed, no doubt an oblique reference the HomeStart initiatives; Waxman said property taxes should be revisited - "something's wrong with the tax burden on the island"; Smith believed that encouraging population growth would lead to job creation, and felt the fishing industry "can still be salvaged".

School Committee candidate Liz Holton said she plans to bring respectability and middle-class children back to the Portland school system; Ann Trevorow said she was excited about the level of diversity in schools and wants to "push non-traditional models".

I'm afraid neither I nor my co-reporter actually understood what the Portland Water District candidates plan to do if elected, and in case you get the impression that no one indulged in meaningless rhetoric, you'll be happy to know they all plan to work on "sustainable living" for an "affordable Portland", and don't intend to push people apart and foster "breakdowns in communication".

I hope that makes your choices clear. See you at the polls!

School Committee At-Large - 1 seat, 2 candidates, 5 year term

Anna Trevorrow

Both of my parents were teachers in Maine public schools, so growing up, I was always surrounded by education. I was able to attend, for my high school years, a non-traditional, democratically run school where the curriculum was entirely self-directed. This gave me a passion for progressive curriculum design, and I am very excited about educational models such as Expeditionary Learning, that are going on in Portland Public Schools. I see this type of curriculum as a way to meet all the fundamentals of a more traditional education, but in a way that is more engaging for the student, and prepares students to meet the world outside of the classroom.

My qualifications include a B.A. in English from USM, four years of banking experience working for Norway Savings Bank, and continued professional education at the Northern New England Center for Financial Training. In my current position as a Customer Service Representative at Norway Savings Bank in the Old Port, my work entails opening new accounts, consumer lending, and

general customer service. My recent volunteering projects include teaching a class at the STRIVE school for young adults with developmental disabilities, and taking part in the citizen group initiative to save 10 of Portland's polling places from closing.

If elected, my areas of interest include increasing oversight of School Budget management, while lobbying at the state level for needed funding; supporting further development of programs such as Expeditionary Learning and other progressive educational models; investigating the socio-economic make-up of Portland Schools and making sure we are meeting the needs of minority students; and investing in Green building techniques to save on heating & electricity costs.

Authorized by Committee to Elect
Anna Trevorrow
PO Box 4422
Portland, ME 04101
207-699-4141
Anna.Trevorrow08ATgmailcom

Elizabeth Holton

I live in East Deering with my husband and 3 children who attend Presumpscot, Moore and Deering, and I've been an involved parent since my eldest started kindergarten in 1998. Some of my past



experience includes work on the city's Comprehensive Plan, the state's school funding formula, Schools for Portland's Future study circles, the Family Living Advisory Board, and the EFTF1 and

EFTF2 (Elementary Facilities Task Force). Currently, I am President of the Presumpscot PTO, and a member of both the Ocean Ave School Building Committee and the Facilities Task Force. In the spring I coach 7/8th grade girls for Back Bay Lacrosse.

My decision to run for School Committee is based on the fantastic experience I have had as a parent, and I'd like to give back by applying some of the knowledge I have acquired over the years. My motives are not political which is why I am running as an Independent.

As an involved parent of children who have thrived in a socio-economically diverse school, I have seen the benefits and challenges of such a community, and have been an advocate for disadvantaged youth. I have also seen the loss of middle class families to the suburbs or private education. I hope to restore confidence and respect to the district and plan to accomplish this through greater communication and transparency, while working toward a new marketing strategy. By attracting families back to Portland schools, we increase our share of the state funding formula which in turn will help reinstate programming lost to cuts over the years.

CBITD Board of Directors - 3 seats, 3 candidates, 3 year term (we were unable to contact Patrick Flynn, Peaks Island)

Matt Hoffner

I am running for the Great Diamond Island board seat for Casco Bay Lines replacing Rick Frantz who has been an excellent representative from the island for the last three years. Rick worked hard to do what was best for the entire island and was timely



and forthright in his communication regarding CBL issues. I plan to continue his communication style and will always put what is best for all residents ahead of any issue supported

by any individual island association.

In terms of priorities, I feel that we need to review the cost structure associated with the operation of CBL looking for more innovative methods to control fuel costs, labor costs and hence manage the major variable expenses associated with the budget. We need to develop benchmarks on operational performance against other ferry lines in the U.S. and determine if we can learn from others and adopt best practices.

Assuming that the hotel is built on GDI, the transportation needs of the island will change and we need to evaluate new service to meet the increased demand while balancing the ferry and schedule needs of all Casco Bay residents. Finally, I believe we need to improve the customer service attitude within the CBL organization. Although we have many great employees at the CBL, the attitude a few employees and the lack of response and timely communication degrades the overall experience for all island owners and visitors. That needs to change.

From a personal standpoint, I have started three good sized businesses in Portland and I am currently the president of an internet job service organization. I understand business operations, finance and customer

service issues and I look forward to sharing that experience to improve the operations at CBL and carry on the good work of Rick Frantz. If you have questions or comments, please contact me at matthewhoffner@gmail.com.

Scott Johnson

My name is Scott Johnson. I am married with one daughter, and have been a sales representative with Anderson Windows for 20 years. There are several reasons that I want to join the CBITD board of directors, the first being that the Little Diamond

Island community has once again asked me to represent them on the board. I am finishing up my second year of serving so I am already dialed into the current challenges and opportunities facing CBITD.

Personally I continue to be interested in the direction of CBITD simply for the appreciation of what the operation provides all of us who own property on the islands that are serviced by Casco Bay Lines. Our family has had the pleasure of owning a summer cottage on Little Diamond

Island since 1919 and my daughter, Hannah, represents the fifth generation. Casco Bay Lines is very much a part of our experience and it is a pleasure to serve on the board.

During the summers of 1985 and 1986 I worked as a deck hand. The experience allowed me to observe the behind the scenes action which has given me a greater appreciation of the hard work that goes into making the operation work.

A challenging business no doubt, but there is no question in my mind that everyone associated with Casco Bay Lines wants to provide the best service possible. If re-elected I look forward to continue to listen to the issues of the customers and employees; review all the information pertinent and help to provide the leadership required to provide a quality service at fair value.

The issues that I am very interested in influencing include: providing the appropriate level of scheduled service at a fair price; addressing current and future parking needs for year round residence, summer residence and charter and cruise customers; helping to support a sound budget and grow our charter and cruise business and to help strengthen our brand by leveraging the history of service CBL has provided for over 135 years.

City Council At-Large - 1 seat, 3 candidates, 3 year term (although all three candidates agreed to provide a statement to the paper, only one actually did)

Tina Smith

My name is Tina Smith. I moved to Portland after receiving an honorable discharge from the U.S. Army in 2000. For years, I have organized community members around state and local issues and have spearheaded several progressive successes addressing issues of accessibility to higher education, protection against discrimination for LGBTQ Mainers, energy efficiency for landlords and renters, informed business growth for Maine communities, and investment in public transit. Recently, I helped collect signatures to keep all 16 polling locations in Portland open for this election. I am running to boost the local creative economy, make Portland and the entire region more commutable and create equal representation for all residents within decision-making bodies.

In regards to the local economy, I feel we should increase our support and promotion of the Buy Local campaign,

"Tina has long been a strong leader in making our city a better place. I'm inspired by her vision for new transportation choices and creative economic development."

Christian McNeil, Co-chair
of ME Bike/Ped Committee

grow our support for local farmers and our local fishing industry and boost opportunities for artists and musicians to flourish.

Recently, I took part in the successful effort to remove the widening of I-295 from the top of the PACTS High-Priority list and replace it with funding for a new ferry for the islands. I stand behind many of the recommendations of the Portland Peninsula Transit Study, which suggests ways to improve our infrastructure to make commuting more safe, accessible and convenient.

I believe all legal residents of Portland should be allowed to participate in the decision-making process. Our community will be stronger once everyone's voice is heard. As a community, we must be more inclusive and our decision-making bodies need to become more reflective of the people living in Portland.

I can be reached at 615-9760, or by e-mail beaconforchange@gmail.com; visit me at votetinasmithforchange.com



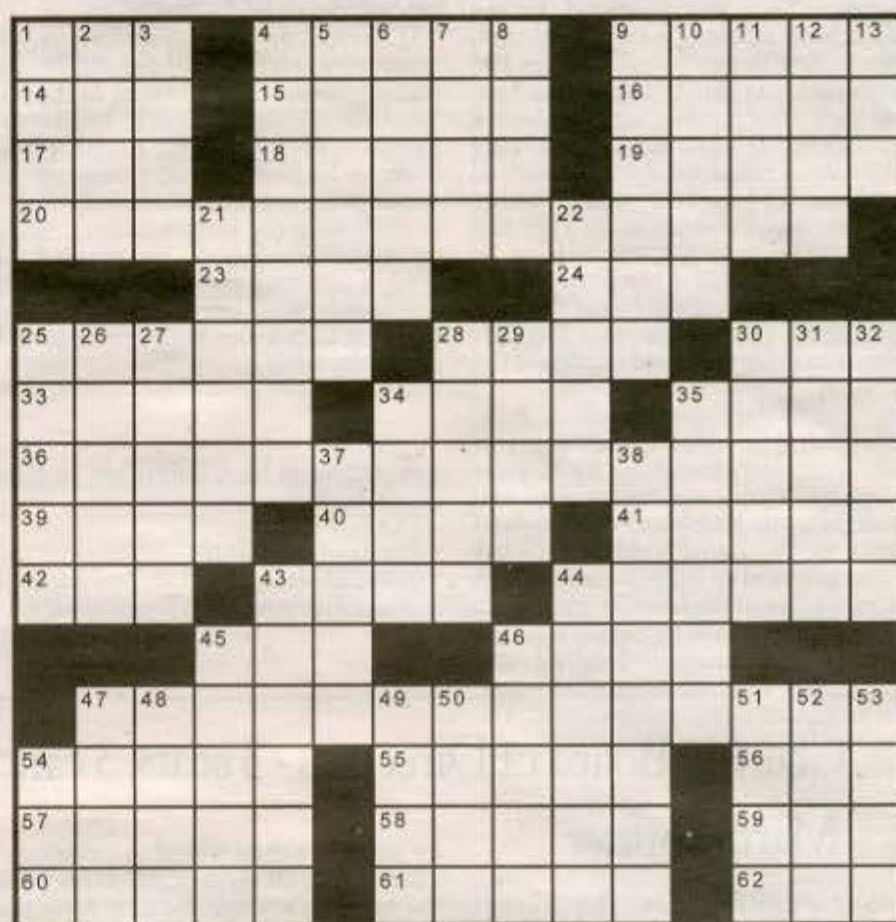
COULD BE BETTER - a syndicated feature puzzle

ACROSS

- 1- Yonder yacht
- 4- Pole thrown by Scottish athletes
- 9- Congo, once
- 14- Prom duds
- 15- Martini garnish
- 16- Result
- 17- Candle count
- 18- Subdued
- 19- To be of use
- 20- Expressing commendation
- 23- Soprano Lily
- 24- "... the cows come home"
- 25- Sister of Venus
- 28- Spanish dessert
- 30- DDE's predecessor
- 33- Large wading bird
- 34- Chemical used on trees
- 35- Way out
- 36- Informally
- 39- Fibbed
- 40- Dweeb
- 41- Entreaties
- 42- Spearheaded
- 43- Sigmund's daughter
- 44- Retract
- 45- Actor Erwin
- 46- Paltry
- 47- Worldliness
- 54- N Atlantic archipelago
- 55- Assume as fact
- 56- Comic Philips
- 57- Over
- 58- Narrow mountain ridge
- 59- Gun, as an engine
- 60- Vends
- 61- Nostrils
- 62- Bambi's aunt

DOWN

- 1- Lead
- 2- Enormous
- 3- Corp. VIP, briefly
- 4- Person without a title
- 5- Female graduate
- 6- Seizes with teeth
- 7- Uniform
- 8- Comic Foxx
- 9- Cytokinin occurring in corn
- 10- Smith's block
- 11- Golfer Aoki
- 12- Undoing
- 13- Sushi choice
- 21- Uncovered
- 22- Pong maker
- 25- Row
- 26- Els with tees
- 27- Ran swiftly
- 28- Plants
- 29- Ground
- 30- Old Testament book
- 31- Gannet
- 32- Rendezvous
- 34- Traditional prayer ending
- 35- Melodious
- 37- Affectation of sophisticates
- 38- Performs surgery
- 43- Capital of Greece
- 44- Narrate
- 45- Ruin
- 46- Skinflint
- 47- Wise one
- 48- Like some vaccines
- 49- Duration
- 50- When said three times, a 1970 war movie
- 51- Able was ...
- 52- Predictive sign
- 53- PBS science series
- 54- Scale notes



Crossword puzzles provided by BestCrosswords.com (<http://www.bestcrosswords.com>). Used with permission.



SOLUTION TO LAST MONTH'S PUZZLE

ISLAND TIMES

This Month's Contributors

Thanks to the following people who volunteered their time and talent to produce this issue: Mike Richards, Justin Palmer, Chris Hoppin, Fran Houston, Art Astarita, Rebecca Stephans, Jamie Hogan, Jerry Garman, Cynthia Mollus, Mark Shain, Craig Davis, Irene Schensted, and Mary Lou Wendell. Special thanks go to Jack Shallow for production software.

The Island Times is on-line, thanks mostly to the work of Pat Kelly. Please check us out at www.islandtimes.org.

aisle to isle

Tuesdays- shop for groceries before 11:30am and they will be delivered by Casco Bay Lines to Peaks Island that afternoon!

For more information inquire at Forest Ave. Hannaford or call 761-5965. Normal boat fee applies.



Star Gazing

BY MIKE RICHARDS

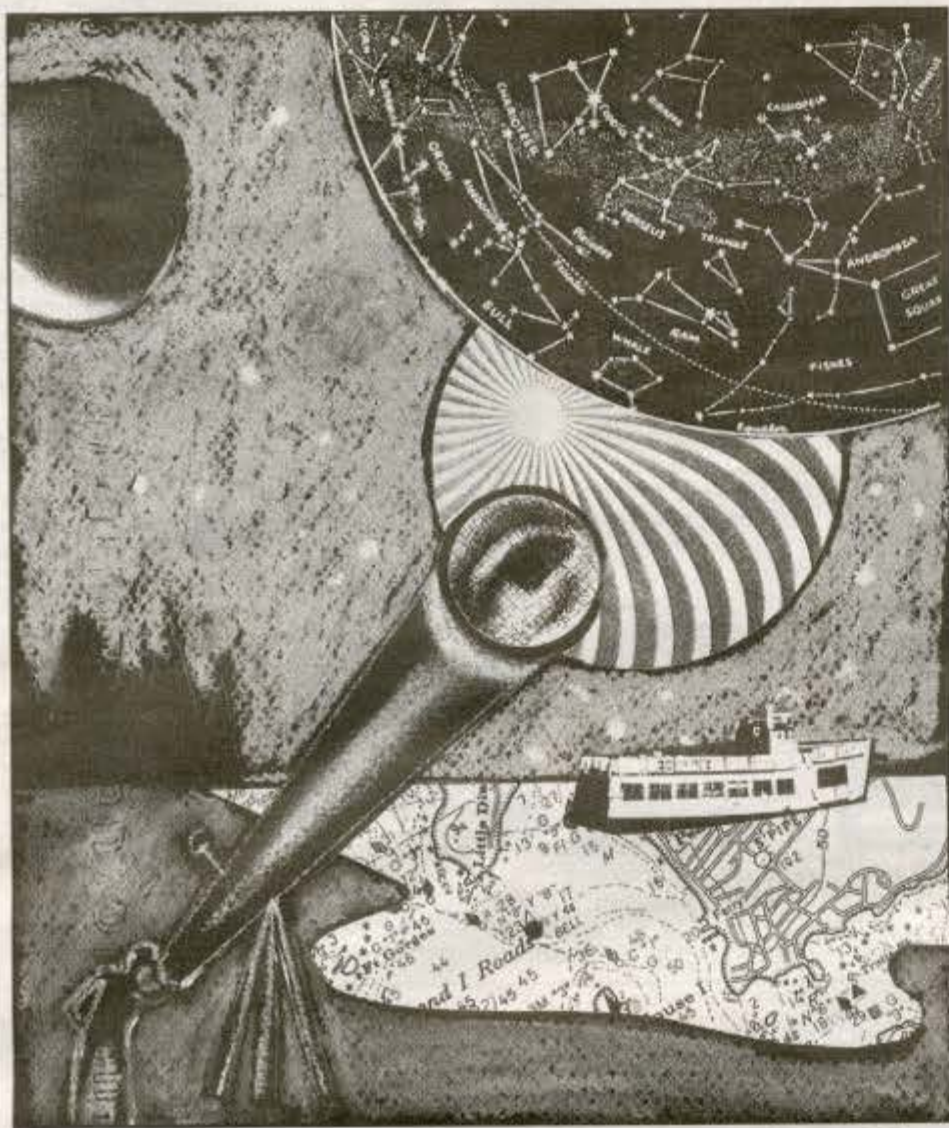


Illustration by Jamie Hogan

November 2008 Sky

The November rains fall cold and hard, wind-whipped from the Northwest, just ahead of the annual ice-age we call winter. We can endure a few months of snow, knowing we'll warm up eventually, but 20,000 years ago Maine was covered with mile-thick ice that slowly melted allowing life to return to the northland.

We've actually got it pretty good right now, as we enjoy a brief warm period between major ice ages 100,000 years apart. Similarly, the Sun's energy output rises and falls in 11-year cycles. The Sun is rather dormant now, but it will awaken in a year or so, and in five years it will reach "solar maximum" and warm the globe even more.

The Earth and Sun:

Earth's pole is tilted a whopping 23° relative to its orbital plane around the sun, and that tilt is independent of where Earth is in the orbit, so the North Pole always points toward the North Star. At this point, the pole is approaching an angle directly away from the Sun, which it will reach only three weeks after month's end.

The Sun rises late, rolls over the horizon, never gets up very high, and sets early. The slanted sunrises glance off the edges of the earth, and Maine's global position half-way between the equator and the pole, when added to the tilt which pushes Earth over half-again, leaves us in the cold.

Lucky for us, Earth is now also approaching perihelion, its closest point to the Sun. Earth's orbital ellipse is minor compared to other wild swingers in the universe, but it still brings Earth 4 million miles nearer the Sun now than it was in June, enough to moderate our winters (and summers) to tolerable levels.

Earth spins counter-clockwise, but like a toy top as it slows down, the pole moves in a clockwise rotation called precession. It's imperceptibly slow, but in 13,000 years the North Pole will be both tipped toward and closer to the sun in summer, and it will be both tipped away and further away from the sun in winter, causing wilder temperature swings and thus stronger storms.

The Planets:

Our neighboring planets are scattered around the Sun, some ahead of us in their orbits (Mercury and Saturn, in the morning to the east) and some behind us (Venus and Jupiter, in the evening to the west). Mercury is so small and so near the Sun it's hard to find within the short window of opportunity it permits, and it ducks out of sight entirely by mid-month. You can see it close up on the internet, because the Messenger satellite is circling Mercury, taking pictures and beaming them back to Earth.

Saturn is still a few months ahead of us but can be dimly seen now higher in the pre-dawn sky, its rings nearly edge-on to us. It's being circled by the Cassini spacecraft, which is now exploring the geysers on Enceladus, an icy moon that helps shepherd the rings around Saturn.

Venus is getting ridiculously bright, west over the cape after sunset, and it will continue to grow throughout the month, as it approaches a dazzling rendezvous with Jupiter at month's end—they will be so close they'll look like headlights in

the sky, barely one finger apart at arm's length.

Talk about dancing with the stars, how about waltzing with the planets? Jupiter is now low in the south after dusk - about the same position as the bright star Sirius before dawn, just below Orion, after the world has turn half way around.

Jupiter is much bigger than Venus, of course, but it's much, much further away, and will look pale next our sister planet, whose cloud-tops are unusually reflective, especially when the sunlight skips off them at a shallow angle as she approaches quadrature next month. During the first and last few days of the month the crescent moon will pass the pair, first when they're apart, and last when they're together.

The Calendar

Nov. 1- Sunrise is at 7:16 a.m. and sunset is at 5:32 p.m. Daylight Saving Time ends at 2 a.m. tomorrow (Sunday), so turn your clocks back an hour before you hit the hay tonight. We'll now have more light in the morning, and less in the evening - the better to see the stars at night (in astronomy, things are always looking up).

Nov. 2- The Moon's at apogee, away from Earth, so tides are calming. The next two weeks Vesta, the brightest asteroid is in the southeast sky late at night. It's "the size of Arizona" and in 3 years the Dawn spacecraft will approach it and send close-up photos back to Earth.

Nov. 3- A small fat crescent Moon passes just below Jupiter in the south-southwest.

Nov. 5- Neap tide today, running just 5.6 feet between high and low.

Nov. 6- First-quarter Moon is high at sunset. The next week is best for moon-gazing as the Moon waxes gibbous.

Nov. 13- Full "Beaver" (or "Frosty") Moon rises at 4:12 p.m., so those on the 4:30 boat home can see it rising out of Casco Bay. Moonset is at 7:11 a.m., so those on the 7:15 boat to town can watch it set over the city. It will wash out the star-gazing tonight, but it provides good light for walking.

Nov. 14- The Moon's at perigee, close to Earth, so tides are building. In fact, the highest this month is at 11:02 a.m. today, and the lowest tide this month is at 5:31 p.m., the water falling 13.2 feet between them.

Nov. 19- Last-quarter Moon is high at sunrise.

Nov. 21- A waning crescent Moon is near Saturn tonight (not really, of course, just in our line of sight).

Nov. 27- The New Moon's at apogee. It's on the same side of Earth as the Sun is today, so they rise and fall together, but the Sun blinds us to the nearby Moon.

Nov. 30- A thin crescent Moon hangs below Jupiter and Venus, but tomorrow it will sit above them. Sunrise is at 6:53 a.m., and sunset is at 4:05 p.m., giving us barely more than 9 hours of sunlight, but we're only a few weeks from the winter solstice, when the Sun will stop and head North again.

Traditional Thanksgiving Dinner Special

Thursday, November 27th from 12:00 - 9:00pm

Reservations being accepted. Call 207.766.5100. \$12.95 per person.



The Inn on Peaks Island
33 Island Avenue, Peaks Island
Phone: 207.766.5100
Web: www.innonpeaks.com

Sign, sign everywhere a sign *Blocking out the scenery breaking my mind**

BY ART ASTARITA

Peg and I just got back from a trip to celebrate her dad's 80th birthday. We flew down south and drove to a family gathering near Hot Springs, Arkansas. If you've ever been driving "down there" on the interstate, it's impossible to miss gas stations, a bathroom or a place to eat. The signs tower hundreds of feet into the air, their lights stretching for miles. In contrast, one can exit the highway in New England and drive for (what seems) miles for a bathroom without the hint of a sign.

This brings to mind the latest attempt of fixing permanent road signs at intersections on the Islands. Granted this is at a different scale and purpose than highway billboards but possibly more important for supplying vital information. In the past, there have been futile attempts to install road signs, at least on Peaks - how about your island?

Inevitably road signs disappear. Well, it's happening again. A good example of wasted taxpayers' money but in the end it

may cost more than money.

All towns throughout the country are required to comply with the Federal Communication Commission's Emergency 911 Service Enabling Act 32 of 1986, and lately, its 1999 amendment which requires communities to upgrade their response capability to the Enhanced 911 (E911) service level. E911 is a more precise tool for 911 services/public safety answering points (PSAP) to use. [Ed. Note: PSAP is a ridiculous bit

of government-speak that you can remember as the Person who Sits there Answering the Phone, which we will hereinafter call the "dispatcher"]. E911 provides the dispatcher with caller identification and location, which helps emergency personnel respond to 911 calls.

Have you ever really looked at your land-line phone bill? Users have been paying for E911 for some time now. It is directly linked to our roads and house numbers. It enables responders to act

efficiently. However, if there are no road signs or house numbers efficiency is compromised. Arguably, if federal

or state reimbursement is necessary for a town to recover from a disaster, compliance to these regulations may be important to qualify for compensation.

Have you ever tried to give directions to someone without knowing the road names? You've been there many times, but you don't use the road names to get there, so how do you give directions? Have you ever called for an emergency response? When you are in need, waiting for help, whether fire, police or an EMT, it can feel like an eternity. Possibly you can give accurate directions under duress to someone who is not familiar with your neighborhood, but then again, maybe not.

During the summer we have plenty of short-time residents. People on vacation are lucky if they can give someone directions to the place they are renting. The day-trippers know to call 911 in an emergency, that is, if their cell phone has reception. New members of our emergency response teams may not be familiar with all the locations on the island. Older, long-time residents may become less active and therefore may be less familiar to our newer

responders as well. Remember, the 911 PSAP (dispatcher) is on the mainland and will not know which "dirt road" or

whose house the caller is referring to in guiding emergency personnel to the location.

Perhaps your island has created a Citizens Emergency Response Team (CERT). Peaks Island has had a CERT group for approximately 4 years. The CERT program educates people about disaster preparedness for hazards in their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization, and disaster medical operations. Using training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or

work place following an event when professional responders are not immediately available to help. It helps to have local citizens who know the neighbors, but you cannot be assured each of them knows everyone, so there is a value to have street signs and house numbers posted to direct responders efficiently.

Knowing where you're going is a noble goal in everyday life and sometimes, when you are not exactly sure, it's nice to have a few signs to help guide the way.



Going...



Going...



Gone!

*For you trivia buffs, lyrics are from the 1970 Five Man Electrical Band.

Art: Policies and Perceptions

BY JAMIE HOGAN

A recent e-mail message from a neighbor about the presidential candidates' art policies stood out in the swarm of political propaganda that swamps me daily. Attached were two documents from ArtsVote2008, a program of the American for the Arts Action Fund, an organization whose bumper sticker reads: "The Less Art Kids Get, The More It Shows." They claim that young people who participate in the arts for at least nine hours a week for a year are "4 times more likely to be recognized for academic achievement, 4 times more likely to participate in a math or science fair, 3 times more likely to win an award for school attendance."

In short, arts education strengthens and broadens a student's creativity and ability to solve problems, think critically, while adding meaning and identity to their role in the world. I KNEW it!

A chart comparing the candidates' positions shows an instant contrast. Both Obama and McCain have met and discussed their art policies with the Americans for the Arts Action Fund, and made statements on federal support of arts education. Only Obama has published his policy proposals for the arts, including it in the Democratic party platform, and has a pro-arts Congressional record. He co-sponsored the Artist-Museum Partnership Act, which amends the Internal Revenue Code to allow artists to deduct the fair market value of their work, rather than just the costs of the materials, when they make charitable contributions. I am asked frequently to donate art for fundraising, so this adds a critical financial incentive to the often thankless act of giving away my art.

Obama released his platform in support of the arts in February this year. The Boston Globe noted the embedded quote from poet Dana Gioia, chairman of the National Endowment of the Arts, "The purpose of arts education is not to produce more artists, though that is a byproduct. The real purpose of an arts education is to create complete human

beings capable of leading successful and productive lives in a free society."

Michael Chabon, award-winning author and member of the Obama Arts Policy Committee echos this. "Our children need rehearsal space and tempera paint and bass violins, teachers and tap-shoes; they need constant passionate exposure to the great artistic heritage of their people, so that even if they don't grow up to be artists themselves, they will have been blessed, with the artist's gift for seeing the possible in the impossible, the fellow soul on the other side of the fence."

Obama's platform includes expanding public/private partnerships between schools and arts organizations, creating an "Artists Corps" to work in low-income schools and communities, championing the importance of arts education, supporting increased funding for the NEA, promoting cultural diplomacy, attracting foreign talent, ensuring tax fairness for artists, and providing health care to artists. That one's a zinger in my world. I know so many creators who have taken unrelated jobs purely for the health coverage benefits, including an artist whose paintings hang at the Portland Museum of Art.

McCain, on the other hand, has voted to cut funding or terminate the National Endowment for the Arts. I've heard about his Spending Freeze with an exception for the military. He probably has other exceptions in mind, but I doubt they involve art.

While I sort this out, another relevant volley arrives in my inbox from Benjamin Krevolin, president of

the Dutchess County Arts Council in Poughkeepsie, about the Art Mom. While "Amy the Art Mom has not materialized into real life yet in the manner of Joe the Plumber, she is out there."

Hey, that's ME! As an illustrator, art school adjunct, and volunteer/advocate of art in public schools, I relate. Amy the Art Mom "knows



that 45% of the world's salaries are paid to people in the creative industries. She knows more and more admissions officers at colleges and human resource professionals seek out applicants who have arts experience in their background. Amy the Art Mom knows that creativity and innovation give America the competitive edge in the global economy ... and Amy knows that the arts have a humanizing effect on her children - when participating in the arts, she sees them more engaged and curious about the world and all the people living in it."

I put this belief in arts' impact into effect recently at King Middle School. Last year, they had the funds to hire a visiting artist to help students with a self-portrait project. This year, they got me to do it for free. I assisted Mr. Miranda's math class in a session with paper, pencil, mirrors, and a discussion of proportion. I told them drawing a portrait of yourself is an act of observation, reflection, calculation, and self-awareness. I also showed books on Vincent Van Gogh and Frida Kahlo, two artists famous for their searching self-portraits, because a drawing is more than a sum of proportions, it's also a visual story of self.

The students will pair their self-portrait with a portrait of a leader they are researching as part of an expeditionary unit called Lead On. I am heartened by the opportunity for King students to draw themselves, imagining parallels of identity, perhaps picturing themselves as leaders, and drawing their own conclusions.

The chance to draw conclusions is all over the walls at Maine College of Art. In coordination with the American Institute of the Graphic Arts, a series of posters that ask viewers to vote is on display at the college. This exhibit is part of AIGA's Design for Democracy initiative featuring a selection of nonpartisan posters created by AIGA designers to inspire the American public to participate in the electoral process and vote in November. The posters have been hung in the windows of storefronts, restaurants, dormitories, laundromats and elsewhere around the country.

In a design by Jeremy Shellhorn (above left), a photograph of Arlington Cemetery shows the word "vote" in the clouds above. So many things come to mind: voting for war? voting is patriotic? sacrifices for the freedom to vote?

Another poster shows two shapes that read like red, white and blue band-aids alongside text that says Heal Vote 08. Will this election bring us together? It can if we have vision. Art is always useful for a bigger picture, for asking important questions and finding reflections that we otherwise can't see.

COUNCIL, from page 1

to study the taxi idea for the council, said the committee was reluctant to do so without assurance from the PIC that it would fund the service. This became a chicken-or-egg debate when council members pointed out that a purpose of



Kathy Schneider was elected Secretary of the PIC at the Special Meeting Wednesday Oct. 8

the committee was to determine whether a taxi service would be an appropriate use of the fund.

Councilor Lynne Richard added that the majority of people at the public forum on Saturday, Oct. 18, did not want the discretionary fund spent on a taxi service, and recommended that the council consider funding it with other money; however, Councilor Tom Bohan noted that only around 30 people had attended the Oct. 18 meeting, and said he was "uncomfortable letting a small segment of the population determine PIC policy".

Councilor Elizabeth Stout added that she thought the audience merely had questions about the project, and said "questions from the public did not necessarily mean they didn't support it". She also challenged an assumption apparently being made by some people

that creating a taxi service would lead to less traffic on the island.

Although the conflict over whether the ad hoc committee should research the project was never fully resolved, the council decided that developing a taxi service would require two years of research, and should be designed as an independent, non-profit entity. In the end, the issue was tabled for future discussion.

In other business, Councilor Bob Hurley is working with Captain Pendleton of the Portland Fire Department to resolve the problem of transporting emergency patients to the Cavallaro fire boat using the foot ramp at the public dock, especially during extreme low tides when the slope of the ramp is apparently as steep as a water slide at Funtown/Splashtown.

This winter the department will have a new rescue boat in operation that, it is hoped, will be able to dock at the Forest City ferry boat landing, but "there were some people at the meeting - you could sense their frustration - who wanted things to go faster," said Chair Langella. "It's dangerous," he added, comparing the situation to a hazardous road condition that doesn't get repaired until an accident happens.

In regular session motions to form an ad hoc committee to study public transportation on Peaks Island, and to define the duties of the Secretary were accepted. Kathleen Schneider was elected to the post at a special meeting on Oct. 8. She was not at the regular meeting, and the minutes were recorded by Councilor Stout and the Island Administrator.

In response to information that the City allegedly cannot afford to pay for a sign renaming the Community Center in Doug MacVane's honor, the council agreed to take it upon itself, and discussed the cost of commissioning a carved wooden sign. When members of the audience said they preferred a more durable brass sign, the motion was tabled until costs could be obtained for that option.

Chair Mike Langella also discussed his

dissatisfaction in a meeting he had with Mayor Ed Suslovic earlier this month concerning the relationship between the PIC and the City Council. He and other members of the PIC have expressed concern about how City Councilors respond to island issues, and feel that the protocols established by the City to work with the PIC are often disregarded, which are complaints that he wanted to discuss at the Oct. 9 meeting, but according to Chair Langella the mayor

left early due to a scheduling conflict.

He said Mayor Suslovic acknowledged that there are problems in how the City Council has dealt with the PIC in the past, which the mayor said could be viewed as a glass half full or a glass half empty, and which Mr. Langella interpreted to mean the mayor wanted the PIC to build on what has been done right rather than focus on what has been wrong.



In City Council chambers Monday Oct. 6, the Peaks Island Community Center was renamed in honor of Douglas E. MacVane. Island Councilor Lynne Richard spoke on behalf of the community. "He epitomized 'island-ness' - intelligent, tolerant, resourceful, observant, self-reliant, quirky, generous, and friendly ... And so it is fitting that the room where islanders hold their meetings would be named in honor of Doug. [He] spent many hours in that room, working hard for Peaks Islanders, contributing the gift of his time and his wisdom. We are all better for having known Doug."

staff photo

Enrichment 2008 program launched Oct. 1



Week 1, October 1 - Lobstering and Aquaculture taught by Timmy Flynn, Mark Green, Peter Bridgford, Jak Soley, Pete Mayo & Tom Bergh

"We have been lucky," said June Bergh, of the after school program, Enrichment 2008, which she created with the help of 59 members of the community to provide a hands-on learning experience about life on an island.

The outdoor program depends on good weather, and in the last few weeks the children have been able to sail on the Wendameen and study the animals you get in a lobster trap. They will spend November and December learning to swim, and they'll be skiing this winter.

Everyone who volunteered for one of the 4-hour, Wednesday afternoon classes

has a special skill or knowledge that they share with the kids. "By asking them to do it once, I can get four hours out them," said June.

Enrichment 2008 is for children in kindergarten through fifth grade. (K and 1st graders must be accompanied by a parent).

It received \$6,500 from the Peaks Island Fund in August, under the auspices of the Children's Workshop, which June says has been very supportive.

"I've got good organizational skills, but I couldn't have done this if I wasn't on Peaks Island."

THE PEAKS ISLAND CHILDRENS WORKSHOP

Presents:

Harvey Johnson
of
Thompson Johnson Woodworks

A **FREE** workshop will be held that could save you hundreds this winter in energy bills!

November 15th

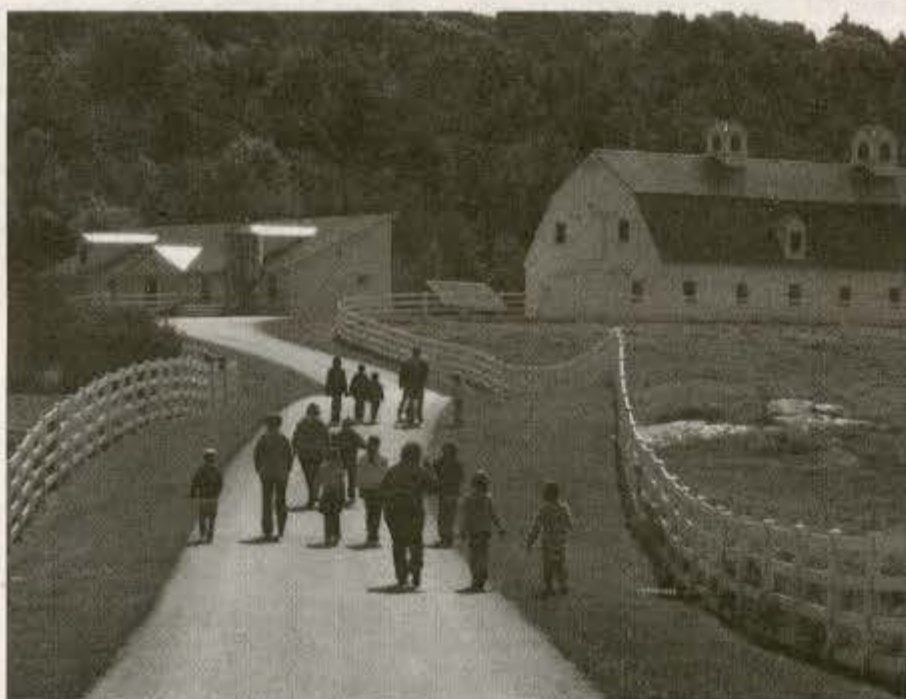
9 am @ the Peaks Island Children's Workshop

Come learn some helpful hints on weatherizing your home from a **Certified Energy Auditor**

A drawing will be held for 1 free home energy audit.
(must be present to win)

For more information please call PICW @2854
Program sponsored by Peaks Island Children's Workshop

Long Island School harvests a Maine meal



STORY & PHOTOS BY KATIE NORTON

The little red hen would have been proud. On Monday, we picked the apples. On Tuesday we boiled and mashed them into applesauce and on Wednesday we ate the applesauce. We even shared it with fifty members of the Long Island community and special guest Jim Tasse, the Program Director of Healthy Casco Bay, a division of the Health and Human Services Department, when the Long Island school children hosted a Harvest Lunch, Oct. 7, with food grown and processed in Maine.

The students were studying agriculture this year, and as a result of a grant from Healthy Casco Bay, culminated the study with a field trip to Pineland Farm where they visited the chicken barn and the pig pen, and got to pat the noses of the cows who gave them the cheese for the grilled cheese sandwiches they later served at the Harvest Lunch. Before heading home they stopped at Thompson's Apple Orchard for apples, which they used to make two sweet dishes for the menu, apple crisp and applesauce. The children also filled half-peck bags to take home to their families.

It was a school-wide effort. Kindergarteners Riley Johnson, Olan Rich, Julian LaMontagne, and Ella Anderson and first grader Madison Brown cranked out pink applesauce, sweetened with local raspberry honey. Paula Johnson's third through fifth grade class chopped apples and mixed up oats, honey, flour and butter to make apple crisp. (The oats were the only ingredient at the lunch that did NOT come from Maine). The first and second graders made maple ice cream on Tuesday. On Wednesday, Marci Train's entire K through second grade class chopped carrots and cabbage into an orange, green and purple confetti and then stirred in a local dressing to make coleslaw. The first through the fifth graders made the grilled cheese sandwiches, using the cheese from Pineland Farm and bread made from local grains donated by Standard Baking Company. Mrs. Johnson's husband caught, cooked and picked lobsters for a lobster stew that she stirred until nine

o'clock the night before the meal.

On Tuesday, Christian LaMontagne said proudly, "I can't believe that tomorrow is our feast. I can't wait. I will say, 'I chopped those apples'."

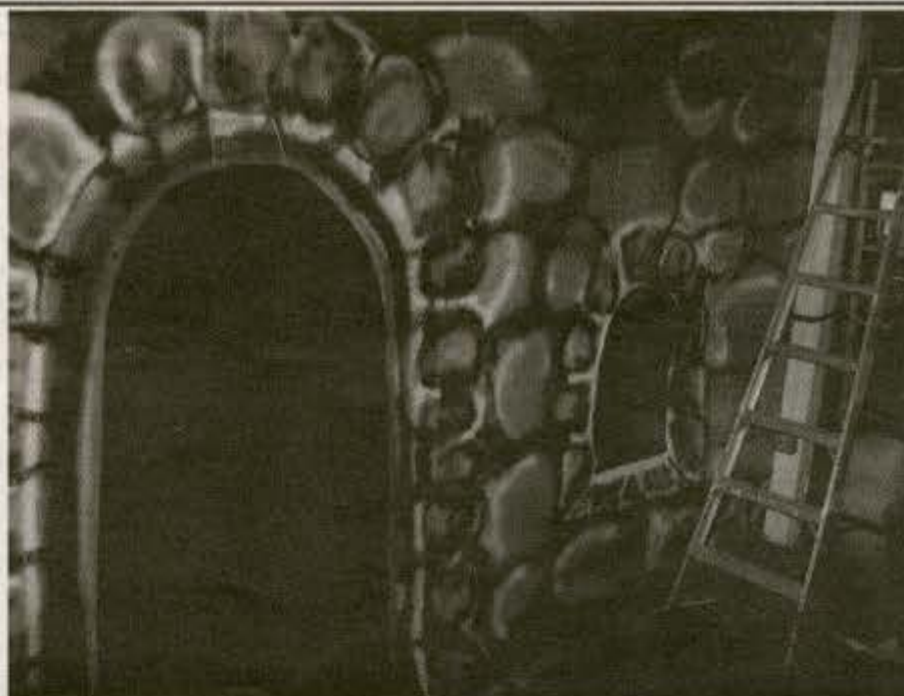
When the guests began filtering in at noon on Wednesday, they were cheerfully greeted by Abby Dunnigan, Rosie Train, Zalea Rich, and Jordan Rich. Caleb Hanson, Christian LaMontagne, and Caroline Hohn made recipe cards of each of the dishes served, and Jake Dunnigan, on his own initiative, made a menu for the guests. Students from Mrs. Johnson's class read each recipe card loudly and clearly



A student grabs some apples at Thompson's orchard.

for all the guests to hear, and when Mrs. Johnson asked what was in the applesauce, Madison Brown (6), sang out "We used apples...and HONEY."

Parents, grandparents, friends, neighbors, aunts, and siblings alike found a place at a table in the multipurpose room at the school, each table decorated with flowers from Mrs. Johnson's garden. Together they happily munched on grilled cheese, salad, lobster stew, coleslaw, applesauce, apple crisp and a dollop of maple ice cream, bringing the community together on a crisp, fall day to celebrate local food and the young, local chefs who prepared it.



Gray tarps, spray-painted with rock wall designs, simulate castle walls inside the Long Island Community Center. The walls were painted by teenagers who will be attending the Halloween event.

A Long Island Yankee in King Arthur's Court

STORY & PHOTOS BY KATE POWER

Stone walls separate the King's bedroom from the armory. The dungeon, lit only by a thin purple light, is filled with bones of prisoners. In the Great Hall a feast of Mutton stew and peasant bread adorn the table, and in the corner a sparking fire roasts chickens attached to a spit. Sound like a scene from Medieval times? That's exactly what it is.

Once a year, the Community Center on Long Island undergoes a complete transformation, from functional hall to fantasy world. The spacious rooms are disguised in their very own Halloween costume and on Oct. 31, island youth are invited to participate in an elaborate celebration filled with games and food. This year, taking a cue from "Lord of the Rings," the Center will be designed as a Medieval Castle.

"Isn't it cool?" asked Recreation Department Art Director Towanda Brown, as she stood looking at simulated castle walls made out of large gray tarps. Hanging from the Center's ceiling, the tarps are spray-painted with images of rock piles and affect a modern, graffiti-esque vision of stone barriers.

Brown, who has worked with the Recreation Department for 12 years, said one of the best things about the party is that it is open to both children and teenagers. There will be games and crafts for the young children early in the evening, and later on a Medieval-themed banquet will be served for the teens. Though the center has hosted a Halloween celebration for the past four years, Brown said this is only the second year they have had a banquet for the teenagers.

"Last year, I didn't come up with the idea until October 25," Brown said, adding that the theme then, the Adam's Family Mansion, was a big success. Volunteers dressed up as different Adam's family characters and served the teens eyeball soup (tomato soup), bat burgers (hamburgers) and salad with eye-of-newt sauce (ranch dressing). This year, menu items include wild woods soup (vegetable chili), spiced free-range bird wings (spicy chicken wings) and coffin custard (vanilla pudding).

Though Brown said she usually puts around 30 hours of work into the event, there are a lot of volunteers who make the event come together. She receives help from the teenagers themselves, who spend time at the Community Center after school making props and decorations for the event.

It's the first year Sam Dunnigan, 13, will be able to come to the banquet and said she's looking forward to it. "It's just fun to help out and make stuff,"

she said as she spray-painted one of the castle walls. "(It's great) when people stop in here and see how much the teens have done," Brown said. Additionally, Brown said she receives a lot of help from families on the island. "Last year, I spent one hour making phone calls and I had enough food," Brown said. "People in the community do pull through." And though Brown said she and the volunteers have made a dent in decoration creation, there is still a lot of work to be done.

The official theme of the celebration is "Back to the Keep", the Keep being the last stronghold of a Medieval castle. Inside the Castle Keep will be four different rooms including a royal bedroom, armory, great hall and prison. Surrounding the rooms will be a simulated moat, complete with a wooden bridge and edged with weeds.

Props for the different rooms are detailed: foil-covered swords, cauldrons with dry ice, and fake chains with plastic skeletons in the dungeon. Windows have been covered with translucent colored plastic to imitate stained glass. The teen banquet will have traditional Middle Ages table settings, which means wooden bowls and no forks. Volunteers, needed to help watch the younger children or serve the food, will be dressed in period clothing as knights, jokers, peasants and royalty.

"They're always so great," said Recreation Facilities Director Alanna Rich of the Halloween celebrations. "There is always a great theme and families like to get involved." Brown said the excitement people have toward the project keeps the ideas and energy flowing.

"I'm already thinking about next year," she said.



Sam Dunnigan, 13, is one of the many Long Island teenagers helping create the scenery for the Community Center Halloween event.



PEG ASTARITA
www.pegspotsetc.com

**CERAMICS
GIFTS
CLASSES
PARTIES**

207-766-5997 astarita@maine.rr.com
51 Woods Road, Peaks Island, ME 04108

Kids On the Ball at Peaks Island school

BY CYNTHIA MOLLUS

If someone tells you the third, fourth and fifth graders at the Peaks Island School are really on the ball, believe them – literally. The students are the only ones in the Portland School System participating in an innovative On The Ball program as part of an overall wellness initiative.

"Ergonomics – the discipline concerned with designing furniture and environments to promote overall physical well-being and performance – has become more important, particularly since people of all age groups are more stationary, sitting at desk jobs, using computers, watching TV, playing video games, doing a lot of repetitive tasks", according to Gail Trefethern-Kelley, an occupational therapist who works with the Portland School System. She is the one who proposed the On The Ball program and wrote the grant to get it funded this year through the Peaks Island Fund. "There are lots of ergonomic chairs available, but stability balls are more child-friendly, more fun and more cost-effective."

Using stability balls instead of chairs started in Italy, first in offices, then in the schools. And they have been effective in helping children learn, according to several studies. Trefethern-Kelley explained, "One strategy used for maintaining attention is sitting on a stability ball. Doing this allows dynamic movement – kind of like normal fidgeting does – but is much more productive, because it improves concentration and time on task." Sitting on a ball also helps enhance body awareness, enabling students

to strengthen the body's core and develop good postural muscles. It increases blood flow to the brain and helps the learning process.

"I was researching programs online for using the balls in schools, and came across the WittFitt program, started by Lisa Witt, a teacher in Wisconsin," Trefethern-Kelley said. "It was really the only comprehensive program I saw, and after speaking to Witt, I developed a proposal and brought it to the school. Fourth/fifth grade teacher Kara St. Germain and third grade teacher Wendy Litchfield completely supported the program,

Because Peaks Island is such a small school and heavily supported by the community, we are able to try and do things most other schools in Portland can't."

Trefethern-Kelley also reiterated why health awareness programs are important to implement in schools. "Obesity is on the rise, with childhood obesity hitting alarming levels," she said. "In many cases children only have gym class once a week, and not much other exercise." She did say that Peaks Island kids' lives generally afford more opportunities for physical activity, including walking to and

fat milk. The 5210 program began as a pilot project launched by the Barbara Bush Children's Hospital at Maine Medical Center. The school is also using 'Brain Gym', a set of different stretches and physical activities that helps the body prepare the mind, for example by increasing blood flow to the brain. "This is the first year we've incorporated Brain Gym," said St. Germain, "and the kids are enthusiastic about it."

But, of course, what they are really enthusiastic about is the balls. Said St. Germain, "We have had some students use the ball before

for occupational therapy and special needs such as attention-deficit, so all the students knew about the balls and everyone wanted to sit on one and try it." Once the funding was approved the children were individually measured, because different-sized balls must be used to accommodate different leg lengths to ensure proper posture and comfort.

Before the balls arrived, the students spent about three weeks learning about the balls, why and how to use them, and how to take care of them. As a group, they made up rules about behavior and etiquette, and everyone had to sign up. Students began by using the balls an hour a day to get used to them and to develop and adjust their muscles. "We called it 'stacking their blocks,' visualizing lining up their vertebrae for correct posture," St. Germain said.

When the students were asked what they thought about using the balls, here's what they had to say:

Johnny: "Since the beginning, I think it's improved my handwriting." Lily: "You can bounce on them without disturbing your classmates." James: "If you have a bad back, they help." Nicholas: "It's improved my posture." Imogen: "They're a lot more comfortable than a hard chair." When asked if anyone had fallen off the ball, their answer was a unanimous "No. Not yet."



along with Principal Gwen Smith." Trefethern-Kelley explained that the program is not appropriate for children younger than third grade because they really haven't yet developed the motor skills needed, and they are more easily distracted.

"The parents were also very supportive", she said. "I think only one eyelash was batted, but all the permission slips came back affirmative. They were tuned in to the overall health awareness program.

from the boat, and having a safer area to ride bikes than on the mainland.

Another part of the overall wellness effort is a health and nutrition program the school will kick off in November, according to teacher Kara St. Germain. The program is called "5210", which stands for 5 or more servings of fruits and vegetables, 2 hours or less recreational screen time (TV or computer-based viewing), 1 hour or more of physical activity, and 0 sugary drinks, more water and low-



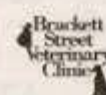
Betty Sterling celebrated her 95th birthday on Sunday Oct. 19 with many friends and her beloved sons Dick & Bob at the Brackett Memorial Methodist Church. Betty is a passionate Red Sox fan and the cakes and decorations (thanks to Jeannie Ashmore) were made with appropriate baseball and Red Sox paraphernalia. A baseball obtained from the all women's baseball team the Silver Bullets was signed by many of Betty's church friends and presented to her as a gift. Betty has been a contributing member of the Brackett Church and island community for many, many years.

photo by Ralph Ashmore

Veterinary care to the islands all year long.



Serving the islands of Casco Bay
Monday through Saturday
by appointment
772-3385
www.portvet.net



Island Veterinary Service is a division of the
Brackett Street Veterinary Clinic

COMMUNITY NOTES

AT THE GEM GALLERY

HOLIDAY SALE - Nov. 29; The GEM is closed through November; however, the annual holiday sale starts on the last Saturday of the month.

The GEM Gallery is a cooperative of 26 artists living and working on Peaks Island in the varied media of painting, drawing, sculpture, pottery, jewelry, photography, printmaking, assemblage, fiber arts and writing. The gallery mission is to "share and sell fine art and contemporary crafts and to reach out and create an inviting, professional, friendly space that shares, educates, and celebrates art." Solo and small group exhibitions change weekly from June through October. Larger theme shows are held in the off-season with a holiday sale each year. Please call the gallery at 207-766-5600 for more information.

AT THE ADDISON-WOOLLEY GALLERY

ODIN STONE; A collection of 48 large-format, platinum-palladium photographs from the publication ODIN STONE, by leading Maine photographer, Tillman Crane. The dramatic, sometimes haunting images of the Orkney Islands in northern Scotland are reproduced in the book, which will be released in a limited edition of 500 copies signed and numbered by the artist, and available Dec. 1 (advance orders accepted at the gallery). Show runs from Nov. 5 to Nov. 29, with opening reception Friday, Nov. 7, 5 p.m. to 8 p.m. Crane will give an artist talk Friday, Nov. 14, 5 p.m. to 7 p.m.



BEGINNING DIGITAL PHOTOGRAPHY; Saturday, Nov. 8; 10 a.m. to 1 p.m. Professional photographer Nancy Grace Horton will discuss basic steps to adjust your camera for optimum settings and review in-depth features you can enjoy experimenting with, then take a short time to do some shooting, then back again for more discussion and answering questions. Bring digital camera with operator's manual, and if you'd like, some of your favorite photos. **FEE \$49**. Enrollment 12 students.

The Addison Woolley Gallery and Center for Photographic Inquiry is located at 87 Market Street, Portland. Open Tuesday thru Friday 11 a.m. to 5 p.m., Saturday 11 a.m. to 4 p.m. There is usually a poetry and jam night sometime during each month; check the website for event schedule: www.addisonwoolley.com. For more information call (207) 775-0678, or contact owner/curator Susan Porter at inquiry@addisonwoolley.com.

AT THE LIBRARY

Special Halloween Children's Program-Patricia Crowley-Rockwell will read some of her favorite Halloween stories, followed by a craft and some ghoulish refreshments on Tuesday, October 28, at 7 pm sharp! in the Community Room. Mrs. C-R is always fun, entertaining, and sometimes a little bit scary. This program is geared for children five to eight years old and is sponsored by the Peaks Island Branch Library.

(LIBRARY continued)

First Tuesdays Book Discussion The November meeting will be on the second Tuesday, Nov. 11, since the first Tuesday is Election Day. Though the library will be closed for Veterans Day, the Book Discussion will still take place at 7 pm in the Community Room. The book will be "The Hungry Tide" by Amitav Ghosh.

For the Dec. 2 meeting, the book will be "March" by Geraldine Brooks. Books can be reserved by calling or emailing the library.

Special Library Hours: on Election Day, Tuesday, November 4, the library will be open the same hours as the polls, 7am to 8pm. We invite you to stop in after voting, and in the morning, there will be refreshments. Being open during voting in Presidential Election years is a Peaks Island Branch Library custom that we look forward to.

The Library will be **CLOSED** November 11 in observance of Veterans Day.

PLEASE Take a Moment to fill out a library survey, available on the website (www.portlandlibrary.com) or there are paper copies at our branch. The survey will ask you which branches you use, what services you use, and what ideas you have for positive changes. These are changing times and it is important that your voice is heard. Survey ends November 10.

City of Portland Building Permits issued for Peaks Island are being sent to the Peaks Island Branch Library. We will keep a notebook for those who are interested to see. At present we have a list of all the permits issued in the last year for the whole city, including Peaks Island. Starting mid-October, we will have copies of the permits just for Peaks Island.

NEW Policy: The library computer system will now allow you to renew items even when they are already overdue, so long as your existing fines are no more than \$10. So no reason to let those fines mount up, just because you missed renewing in time. The only exception to this is if another person has placed a reserve on the item.

NEW Service: For those who receive library notices by email, the library will be sending courtesy reminders, letting you know 3 days before an item is due, so that you can return or renew the item on time. The reminder will have a link to the place on the web site where you log in to see your record and renew items. Hopefully, these changes will be helpful to you.

Nursery Rhyme Time for infants and toddlers is on Wednesdays and Fridays at 11.

PreSchool Story Time is on Fridays at 10:15. We look forward to seeing babies, toddlers and preschoolers and their parents, grandparents, and caring adults. All are welcome.

AT THE FIFTH MAINE

The Museum is now open by appointment only. For more information call 766-3330.

AT THE EIGHTH MAINE

Closed for the season

LOAF & LADLE DINNER

Tuesday, Nov. 11 from 5 p.m. to 7 p.m. at the Peaks Island Baptist Church. In honor of Veterans' Day we will feature foods from the various countries where our troops were stationed during the WWI and WWII including the United States. Join us for a delicious buffet of international recipes. (Our cooks are amazing!) Adults-\$5, children-\$2.50. All proceeds benefit the PITA Energy Assistance program.

FROM PARKS & REC

TUESDAY EVENING BASKETBALL; At Island School gym 6:30 pm to 8:00 pm; Pick-up games on a drop-in basis. Adults 18 years and older (16 and 17-year-olds with permission forms filled out by parents/guardians prior to playing). Fee \$2. Closed during school vacations, holidays or snow days.

FIRST MONDAY FUN for PRESCHOOLERS; Monday, Nov. 3 and Monday, Dec. 1 at 11:00 am; Have some fun with your little ones. Using recycled items, we'll make crafts, ornaments, gifts and other treasures. Children must be accompanied by an adult.

PEAKS ISLAND'S ANNUAL TREE LIGHTING; Saturday Dec. 6 at 4 pm at the living tree near the dock; Decorate the tree, visit with Santa, sing and enjoy refreshments. All are welcome.

PING-PONG ANYONE? If there is enough interest, we may be able to schedule playing time each week. Sign up if you are interested, or join me on Monday, Nov. 10 at 2:00 pm AND/OR Thursday, Nov. 20 at 1:00 pm to see how much fun it can be.

THE BEST OF JOHNNY CARSON

Thursday, Nov. 13 at 10:45 am AND 1:00 pm. All are welcome.

(PARKS & REC continued)

ON-GOING PROGRAMS (open to all adults)

Morning Walking Group: Mondays and Thursdays at 8:15 am.

Low Impact Aerobics with Weights: Mondays and Thursdays at 9:30 am.

Bingo Fun: with Thanksgiving-type prizes; Monday, Nov. 24 at 10:45 am AND 1:00 pm; Bring a non-perishable item for the Food Pantry. Children are welcome if accompanied by an adult.

PORTLAND RECREATION on PEAKS ISLAND

For information, please leave a message for Denise at 766-2970 or email her DlmATportlandmaineDOTgov. Basketball contact is Jen at 766-0967. All programs meet at the MacVane community building unless otherwise stated. Updates can be found on the island bulletin boards.

AT THE CHILDREN'S WORKSHOP

Children's Clothing Swap and Fall Clean-up; Saturday, Nov. 1, 10 am to 12 pm. Bring a bag of kids' clothing to swap and leave with a new winter wardrobe for your kids. While you're at it, join your neighbors in a fall yard clean up. Cider and cookies provided.

Childhood Brain Development Presentation; Thursday, Nov. 6, 6:15 pm-7:30 pm. Find out how the brain impacts the growth and development of children, and affects parenting.

Weatherization Workshop; Saturday, Nov. 15, 9 am. Come learn about how to save money this winter by weatherizing your home. Presentation by Harvey Johnson of Thompson Johnson Woodworks.

Stone Soup Luncheon; Wednesday, Nov. 26, 12 pm. Everyone is invited to the 21st annual Stone Soup Thanksgiving Feast to create and eat soup made from a stone.

The Children's Workshop is located at 71 Herman Ave. For more information, contact Meg Springer Holdridge at 766-2854.

Next Month

Three profiles in clay

Ceramic art is a difficult, expensive, and often frustrating occupation. Pega Astarita, Betty Heller and the artist team of Richard Boyd and Pamela Williamson, all with studios on Peaks Island, illustrate how four varieties of personality, talent and motivation can lead to the creation of some beautiful, often useful ceramic art.



ISLAND SERVICE DIRECTORY

2008 Island Phone Directory

Covering 7 Casco Bay Islands



Available online at
www.phonebookpublishing.com,
and The Boathouse/Long Island,
Hannigan's Island Market and
GEM Gallery/Peaks, FMI or
wholesale opportunities
call 766-5997.

New Construction

Renovation

John Kiely
Carpenter

591 Island Avenue Peaks Island, ME 04108
(207) 766-2026
Jkiely1@maine.rr.com

The Eighth Maine



A living museum
and lodge.
Room and hall
rentals &
tours

Come for a awesome stay or tour

13 Eighth Maine Ave., Peaks Island, ME 04108 off Portland
(207) 766-5086 • www.eighthmaine.com
eighthmainehost@att.net



Board and Training

Operant conditioning,
positive reinforcement

207-766-2390

For more info:
www.wholedogcamp.com



GENERAL CARPENTRY
KITCHENS / BATHS
REMODEL / REPAIR
INTERIOR / EXTERIOR

FINISH CARPENTRY
DOORS / WINDOWS
BARRIER FREE
PLANS / PERMITTING

Weidemann
Carpentry LLC

766-3030
Adam Weidemann

ASHMORE REALTY

ISLAND REAL ESTATE



Ralph W. Ashmore

20 WELCH STREET, PEAKS ISLAND, ME 04108
www.AshmoreRealty.com email: Ralph@AshmoreRealty.com
207.766.2981

YOGA ON PEAKS

REBECCA JOHANNA STEPHANS



CALL FOR CURRENT
SCHEDULE OF CLASSES
766.3017

ALSO OFFERING:
PRIVATE YOGA LESSONS
PARTNER YOGA
HEALING TOUCH

SOURCE YOUR CONTENTMENT FROM WITHIN

Langella Construction and Painting Company

Carpentry - Interior/Exterior Painting



Michael
Langella



382 Pleasant Ave.
Peaks Island, Maine

(207) 766-3067 (home)
(207) 632-8229 (cell)



Fifth Maine Regiment Museum
45 Seashore Avenue
P.O. Box 41
Peaks Island, Maine 04108

A Museum of Civil War & Peaks Island History
Open Memorial Day thru Columbus Day

207-766-3330

director@fifthmainemuseum.org
www.fifthmainemuseum.org

Take a Peak

52 Island Avenue
Peaks Island, Maine 04108

207.766.5995 • fax 207.766.5554
www.takeapeakisland.com

Maura Chapey- owner
Deborah Kendall- manager



www.pondcovepaint.com



Free Delivery
to the Boat

305 Commercial Pkld 874-0937
Toll Free 1-888-541-3815
Email: pondcove@netzero.com

Princess NAILS & SALON

NAILS - HAIR - WAXING
GIFT CERTIFICATES AVAILABLE - FREE EASY PARKING

The months of September & October...

• Tuesday, \$28 Manicure & Pedicure
• Party of four special 20% off

207.773.7999

OPEN Mon-Sat 9 a.m.-7p.m. 290 Congress St
(Next to Rite Aid Pharmacy at the bottom of Munjoy Hill)

CARPENTER FOR HIRE

30 Years in the Trade



Macey Orme
766-5909

RHONDA BERG

Associate Broker

HARBORVIEW PROPERTIES

226 Gray Road
Falmouth, ME 04105

Phone: (207) 321-3701

Mobile: (207) 756-3450

Fax: (207) 766-5220

www.harborviewproperties.com

E-mail: rberg@harborviewproperties.com

Harborview
Properties



REBECCA JOHANNA STEPHANS
YOGA TEACHER • MAINE NOTARY

COUPLES YOGA
CREATIVE WEDDINGS
COMMITMENT CEREMONIES

207.776.5547

LIVING LOVE

Peaks Island Baptist Church

GOD LOVES YOU AND SO DO WE!

Serving God & our community

Sunday School: 10 AM Worship: 11 AM

Wednesday Prayer Meeting: 7 PM

766-3037



PEG ASTARITA
www.pegspotsetc.com

Peg's Pots, etc.

CERAMICS
GIFTS
CLASSES
PARTIES

207-766-5997 astarita@maine.rr.com
51 Woods Road, Peaks Island, ME 04108

SUBSCRIPTION FORM:

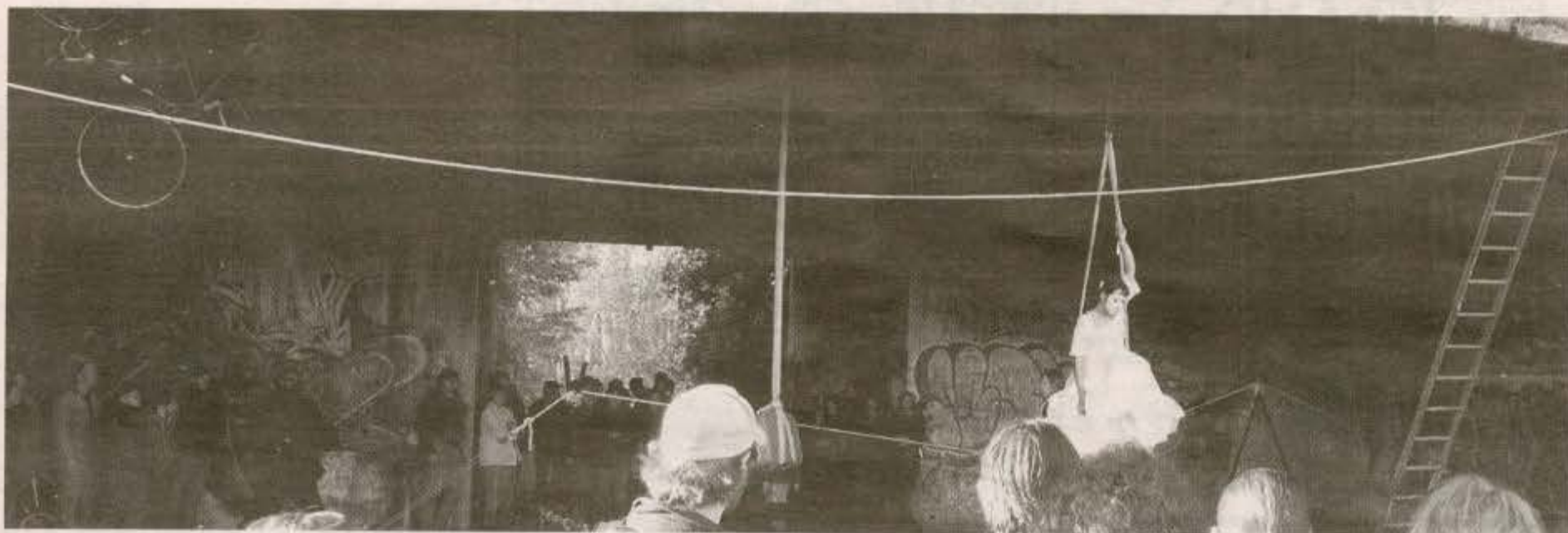
To subscribe to the Island Times, please fill out this form and send with a check for \$25 to Island Times, 120 Brackett St., Peaks Island, ME, 04108

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

PHONE: _____ E-MAIL: _____

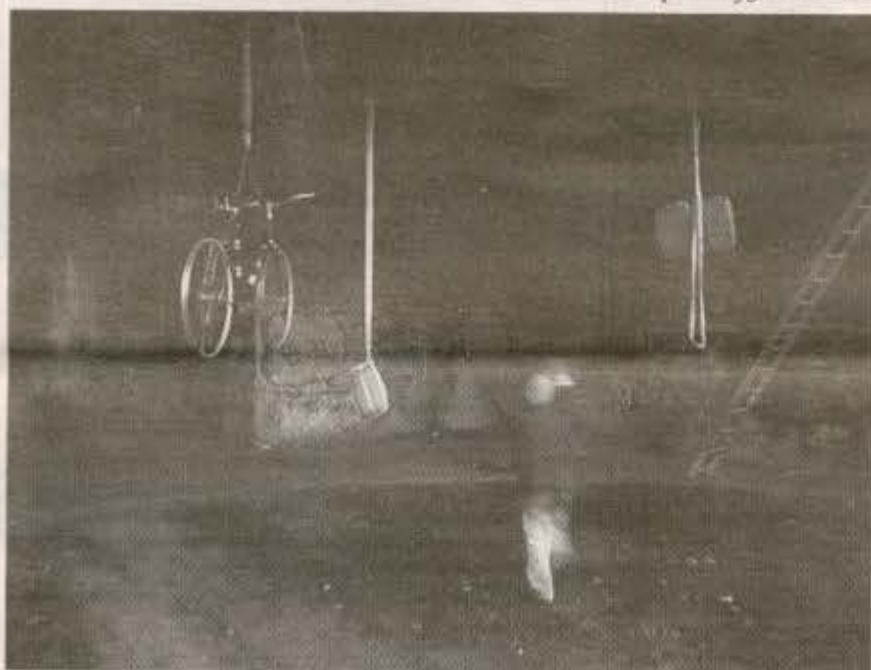


ABOVE: Part of this acrobatic performance was a walk across the clothesline while she put clothing on.

photo by Cynthia Mollus

BELOW: Some of the props used during the acrobatic performance hang in suspension while visitors check out the displays inside the battery.

photo by Justin Palmer



Sacred & Profane takes over Battery Steele

BY CYNTHIA MOLLUS

On the Saturday nearest the October Harvest Moon, artists of many stripes and their supporters board the 2:15 p.m. ferry from Portland for Peaks Island and the annual Sacred & Profane event. And so it was on October 18, when a capacity-crowd of people disembarked from the ferry to be greeted by a colorful group of drummers, a master of ceremonies, and a sizable group of Peaks Islanders. (Pity the poor group of unsuspecting folks who were dressed in suits and ties headed for a wedding at The Inn, all mixed in with the motley crowd and wearing puzzled and somewhat concerned expressions on their faces).

Led by the master of ceremonies, the crowd paraded up Brackett Street to Battery Steele, picking up the great White Elephant, a cleverly-disguised

truck, along the way. Installations and performance art filled the Battery, as participants made their way by candlelight through the various rooms. Those who purchased tickets were treated to lunch on the grass, while everyone waited for the main performances and music to begin.

The circus-themed entertainment featured a wonderful aerialist who performed on a "clothesline," a rope loop and a suspended bicycle, along with a tightrope walker, fire-eaters and dancers and jugglers. Musicians provided entertainment for those who lingered into the early evening.

Sacred & Profane has been an annual event on Peaks for over a decade, organized by a collaboration of artists and musicians. Because the Peaks Island Land Preserve (PILP) owns the Battery Steele property, it requires the group to sign liability releases and help clean the property afterwards.

According to PILP president Garry Fox, "The Sacred & Profane organizers always leave the Battery in better shape than they find it. They typically come out the week prior to the event and clean the rooms inside the Battery, as well as the outside areas. They also touch base with the island police, to make sure everything goes alright."



ABOVE: Folks dine al fresco on the lawn outside the Battery Steele.

photo by Justin Palmer

RIGHT: The masters of ceremony greet the crowd off the 2:15 p.m. boat, and the parade to Battery Steele begins.

photo by Cynthia Mollus

